

HIT OR MISS GIRL?

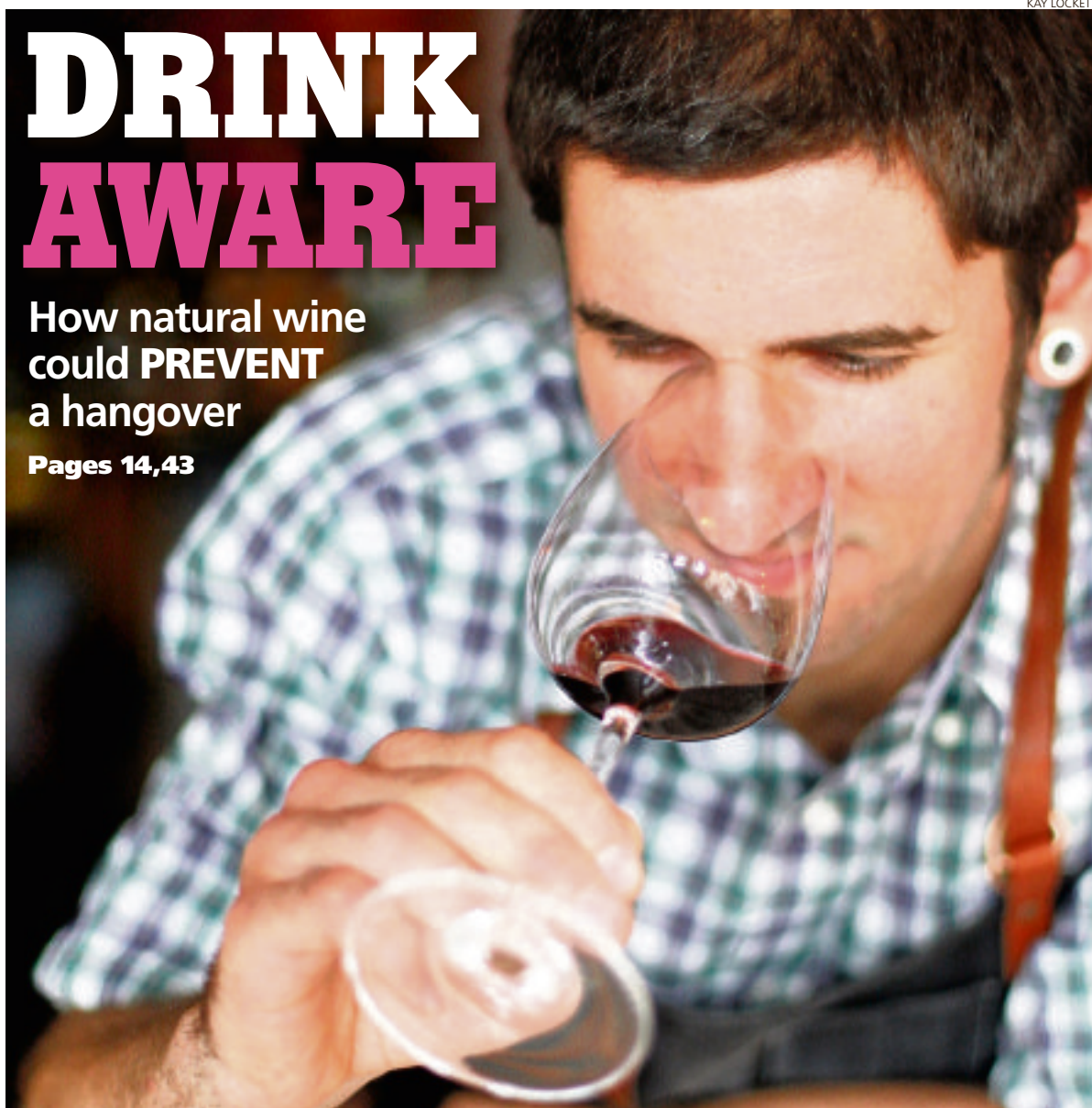
We take in ultraviolent sequel to see whether it kicks butt **P11**

KAY LOCKETT

DRINK AWARE

How natural wine could **PREVENT** a hangover

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Inside



Sanctuary in plea for help

From Vogue's cover to East End cats, we meet an ex-model who is overrun with felines **P6**



Gym smalls

Looking for a boutique space to get your sweat on? Try these three niche organisations **P45**

WIN

Planes 3D tickets and goodies **P10**



EDUCATION FOCUS Reports on UEL, George Green's School, Sydenham High School, from **P4**



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WEATHER

24C	TODAY Cloudy
22C	FRIDAY Mostly cloudy
21C	SATURDAY Cloudy
21C	SUNDAY Showers
22C	MONDAY Partly cloudy

TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine.
ROADS
No problems.

INSIDE

NEWS

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ESTABLISHED 1998

Agenda

Trim the fat with a spam-free diet

I've started a side-line marketing weight loss aids. Or in other words, my email account's been spammed. Those pesky hackers didn't target me when I was in the 3G utopia that is Canary Wharf. They got me when I was in Dorset with no signal. For three days. When my phone reconnected I was deluged by out-of-office emails from people I haven't communicated with in years. All replying to my offer of slimming secrets.

Great job, spammers. Because when everyone looks at my soft middle and ample thighs, they all want to know how I do it (chips, mostly).

There were so many vacation

BLONDE'S EYE VIEW



ANGELA CLARKE

replies I'm concerned there's no-one left at work. Has anyone checked E14? There's probably a lone bloke wandering round the deserted estate convinced there's been a zombie apocalypse. We should ask him to water the plants.

If I'd had signal I'd have known instantly I'd been spam slammed. Like when it happened a few months ago, and the scamps only managed to send one porn email before I ninja-changed my password.

I keep my phone next to me at all times. You never know when you're going to come under cyber attack, or when a video of a kitten dressed

as a shark riding a robotic vacuum cleaner will appear online. We must be vigilant.

I don't mind the inconvenience of changing my password. What I can't bear is the smug emails from ex-work colleagues telling me they think there's a problem with my account. No click, Sherlock.

Worse still is the panic a spam attack causes my parents. Spending three hours convincing your dad his online bank account is safe and your mum doesn't need to bleach her iPad is enough to hack anyone off.

Follow Angela on Twitter:
[@TheAngelaClarke](https://twitter.com/TheAngelaClarke)

London eye



REUTERS/LUKE MACGREGOR

Demonstrators hold up masks of Russia's President Vladimir Putin during a protest against Russia's new anti-gay propaganda law, outside Downing Street this week

A week in London
Page 52

What our writers are talking about



■ Kick-Ass 2 goes wrong in the hands of new director Jeff Wadlow who has no confidence in his tone.

Giles Broadbent

■ We need to provide the school places, doctors surgeries and so on where they are needed. The local Mayor has failed to do this.

John Biggs

■ I've known working parents with no child cover send their offspring to holiday clubs regardless of their health.

Tabitha Ronson

■ Is the boutique studio gym the future of fitness? Have bigger organisations had their day? It's the rise of the boutique gyms.

Laura Williams

60 Second Wharf

NEWS

East is the place to be

UEL's new vice chancellor tells us why his organisation is part of the capital's social infrastructure.

Pages 4-5

Cat need your help?

Former model Celia Hammond explains the woes at her rescue centre, which is full of bursting.

Page 6

Life on the streets

Charity appeals for spare rooms to help house Tower Hamlets' homeless population.

Page 7

FEATURES

Islamic inspiration

We meet a jeweller who takes her cues from romantic poetry and spiritual mysticism.

Fashion / Page 12

Imbibing natural wines

We head over to Victualler in Wapping for a glass of biodynamic and some cured meats.

Food / Pages 14,43

Up and Downing

Allardyce signs Liverpool and England winger but insists he's not done with the cheque book yet.

Sport / Page 56



P6

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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Cut-off for awards on the horizon

SUCCESSFUL east London firms have just seven weeks left to enter this year's business awards for the area.

Prizes for categories including new business of the year, employer of the year, sustainable innovation of the year and business person of the year are up for grabs.

The Siemens Crystal will be the destination for this year's Docklands Business Club (DBC) and East London Chamber of Commerce and Industry Business Awards.

Nominations are open for the glittering event, which will take place on November 14 at the Royal Docks venue.

DBC chairman Janette Withey, pictured, said: "The Crystal's design and visitor services create a highly contemporary facility and atmosphere for occasions such as our business awards."

Sponsors include Canary Wharf Group, HSBC and *The Wharf* newspaper. The deadline for entries is September 20.

For a full list of the categories and details of how to enter go to docklandsbusiness.org.uk.



Top DJs line up to rock half-marathon

Kay Lockett
@wharf.co.uk

URBAN, R'n'B, house, rock, hip-hop and dancehall music will spur on runners at this year's Run To The Beat half-marathon.

A festival-worthy line-up of DJs will provide the soundtrack at the sporting event on September 8.

Former Sky Sports and MTV presenter Yemi will host the event with top DJs including BBC radio and TV presenter Nihal and DJ Goldierocks, inset.

Panjabi Hit Squad and DJ Neev are



Run To The Beat boasts a line-up of DJs worthy of any festival and will feature 19,000 participants

in the line-up which also features Nostalgia Steel Band and South London Samba.

Kerrang! Radio DJ Kate Lawler will pump out rock and indie, DJ JoJo De Freq electro and DJ Trevor Fung acid house around the 13.1-mile course.

The event starts and finishes in Greenwich Park, with 19,000 runners passing through three Olympic venues en route. Go to runtothebeat.co.uk.

Legal bid to stop fire station cuts

FIRE CUTS

Closure of Bow station 'would be safety risk'

Rob Virtue
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Boris Johnson's plan to close Bow fire station could be halted after the mayor of Tower Hamlets announced he was seeking a judicial review.

Lutfur Rahman has joined forces with Islington, Southwark and Camden councils in mounting a legal challenge against the cuts.

Mayor Rahman said: "Mr Johnson's decision to close Bow fire station demonstrates his reckless approach to Londoners' safety, and I believe it is unlawful."

"He has ignored our campaigning and our pleas. But he can't ignore us in court. Bow fire station needs to stay. Residents' lives depend on it."

London Fire Commissioner Ron Dobson announced the proposed cuts last year.



Mayor Rahman described Boris Johnson's decision as 'reckless and unlawful'

The plans involve closing 10 fire stations and losing 552 firefighters in a bid to save £28.8million by 2014-15.

Commissioner Dobson said the emergency service is dealing with half as many fires as it did 10 years ago.

But the cuts have been opposed by union officers and last month the London Fire Authority, made up of councillors and London Assembly Members, rejected the proposal.

W What is the mayor's view?

"Mr Johnson has ignored our campaigning and our pleas. Bow fire station needs to stay. Residents' lives depend on it."

However, Mr Johnson chose to overrule its decision.

Among the fire stations also due to close are Silvertown, Woolwich, Kingsland and Downham.

Cllr Ohid Ahmed, Tower Hamlets cabinet member for community safety, called on neighbouring boroughs to join the legal fight.

"Councils across London are uniting against this irresponsible decision," he said. "Lead members have expressed serious concerns about the implications of these cuts."

"I know that nearby Silvertown fire station, in Newham, is also affected, so I call on Mayor Wales to support us in mounting this challenge."



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Education

UEL is a major part of east London's social infrastructure

UNIVERSITY

New vice chancellor tells us why he'd not be anywhere else

Beth.Allcock
@wharf.co.uk

If you were going to build a university you would want it to look like this, at this place and at this time," claimed a proud John Joughin, the new vice chancellor who will lead the University of East London

(UEL) through the next chapter of its history.

The 55-year-old Shakespearean scholar was appointed as vice chancellor in July following a six-month period as acting vice chancellor.

Professor Joughin will now oversee UEL's trio of campuses in both Docklands and Stratford that cater for 28,000 learners, the bulk of whom live within a 10-mile radius of the sites.

And he said post-Olympics, with east London being thrust into the spotlight, it was an exciting time to be in the area and at UEL's helm.

10
Mile radius
in which
most UEL
students
live

"I think we are a major part of the social infrastructure of east London, and that's very important," he said, adding that the facility's new University Square campus in Stratford would also foster a new community from September.

"We like to work with stakeholders in the area, in partnership, to make sure we bring the best facilities here for prospective students."

"In all sorts of ways, east London is becoming a more attractive destination – there are more hotels, more things being built."

"We have got the cable car, we are close by, The O2 and Excel. We have also got the Olympic Park."

"Our campuses in Docklands and Stratford are exciting places of change and we hope to be involved in that."

And while the landscape may be changing, Professor Joughin said UEL's commitment to a "student-centred" approach would remain the cornerstone of the establishment.

In a challenging time for education, with a number of universities in the capital striving to attract learners, he said it was key to get the balance right.

W What attracts students to UEL?

"We have a mix of modern facilities, strong research and great professors, and a student-centred experience."
Professor John Joughin

"Everything we do as a university should be for the students – that's something I am very committed to," said Professor Joughin.

"We need to do as much as we can to engage with and support students."

"The university is, in many ways, the students that it produces. We have got a great legacy as university being a place that changes people's lives."

"Although that sounds dramatic, it is something we are aspiring to do."

He added UEL's strong research credentials – it is placed in the top six modern universities in the country – would also play its part in making the university stand out.

Having been directly involved in its research strategy, he said attracting world-class scholars with excellent teaching skills underlined the academic credentials for students.

"We've got a mix of really modern facilities like SportsDock, really strong research with really great university professors and what is hopefully a student-centred experience," he said.

"We are focused on students getting the best experience over the three years of their degree and supporting them to get the right job at the end." Go to ucl.ac.uk.



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Education

The University of East London's new vice chancellor, Professor John Joughin, says the institution is a 'major part of the social infrastructure of east London'

EDUCATION IN BRIEF

Round up

Study film sound in the evenings



Students training in Limehouse

TRAINING Fancy learning all about audio for film in a mere seven weeks?

The Limehouse-based Film Sound School is hosting its evening course in audio post-production from September 2.

Professionals currently working in the industry will lead the modular-based learning beginning with an introduction to audio post and progressing through tracklaying, sound supervision and dubbing mix techniques. The course costs £1,200.

Go to filmsoundschool.com.

School vegetable patches planned

ECOLOGY Fruit and veg patches could soon be found blooming in every school in London.

Charity Garden Organic has received a boost of £804,994 from The Big Lottery Fund to help deliver The Food Growing Schools: London scheme over the next three years.

Schools across the capital will be surveyed to identify what help is needed.

University's living wall in full bloom

FOOD The University of Greenwich is reaping the tasty rewards of a new 'living wall'.

Strawberries, herbs and organic vegetables can all be found sprouting from the facility, which has been created in partnership with the Glyndon Community Group in Plumstead.

Shelley Mosco, lecturer at the school of architecture, design and construction, said the technology could provide quality fresh produce and benefit high-density areas with land unsuitable for food production.

College looks to build on success

RESULTS Tower Hamlets College will be hoping to build on its previous success as A-Level results are released today (Thursday).

Students will be tearing into their envelopes hoping for a pass mark this morning, at the establishment's base in Poplar High Street.

The college has seen a consistent rise in results during the past few years – with A-Level success rates at 91 per cent last year.

Schools focus / Pages 48-49

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What's On / Pages 10-11

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NEWS IN
BRIEF

Round-up

Firemen: Don't
drink and cook

SHADWELL Firefighters battled a blaze in the early hours of Saturday and then issued a warning about drunken cooking.

A man was treated for smoke inhalation while 14 firemen put out a fire on the ground floor of a flat in Watts Street, Shadwell.

A spokesman for London Fire Brigade said: "If you're coming in from a night out, don't try to cook – cooking while drunk can lead to more than just burnt bangers. We recommend you get a takeaway instead."

Park protesters
to meet again

ISLE OF DOGS Residents mounting a campaign to protect the future of a park will meet again this month.

Proposals to create a Friends of Island Gardens charity were put forward in July in response to a planning application for a Portakabin-style community centre in the park.

Campaigner Eric Pemberton said the meeting will be held at Poplar, Blackwall and District Rowing Club at 7.30pm on August 22.



The number of unwanted cats left at the Celia Hammond Animal Trust means staff are increasingly unable to cope

Cat refuge
faces siege
of strays

ANIMALS

Rescue centre overrun by feline charges, says ex-model with a mission

Beth.Allcock
@wharf.co.uk

With dozens of unwanted cats being dropped off outside its doors each day, a Canning Town animal rescue centre has been left "barely able to function". But with former model and *Vogue* cover star Celia Hammond at its helm, the Celia Hammond Animal Trust in Barking Road is pushing ahead with its mission to educate the community.

The facility, which provides a temporary home for three times as many animals as it is able to foster out, also offers cut-price veterinary care for those unable to afford private fees.

This year has seen a massive influx of animals – so much so, the mewing of various cats and kittens can be heard coming from the staffroom, the cages and the various floors of the building.

"I have never, ever, known anything as bad as it is at the moment," said Celia, a vocal anti-fur campaigner and animal rights activist since her modelling days.

"We have always managed to cope and answer emergency calls but we are now out of control – we can't answer all our emergency calls. A lot of the calls we are taking are referrals from other charities not able to help the cats so our workload over the last 18 months has just become ridiculously overwhelming.

"We do our best, but we are not able to keep on top of it."

With a planned extension delayed because of building issues, things have worsened.



Ex-Vogue model Celia says only neutering can reduce the number of unwanted cats

And while Celia said food to provide two meals each day for the cats was much needed – as are cash donations – it is wider education about neutering that she believes will stem the problem.

"When we first got here [in 1999] we were making inroads and the problem was getting better for several years," she said.

"But even now there are people in east London who don't believe in neutering – there are religious objections, moral objections and objections about whether it is a natural process.

"Now we offer neutering and people don't actually want to do it – we have got to get through to people and explain why it is so important.

"You are never going to cope with the problem unless you change people's minds."

Go to celiahammond.org or visit the centre to donate or to find out more.



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Witnesses sought after teen
stabbed and killed in Poplar

Rob.Virtue
@wharf.co.uk

A 16-YEAR-OLD who died after being attacked in a Poplar street has been named by police as Ajmol Alom.

The teenager, who had just finished his GCSEs at Langdon Park School, was stabbed in the leg on Monday evening and was pronounced dead later in hospital.

Another man, believed to be a friend of Ajmol, was understood to have been stabbed in the face with a knife during the incident in Spey Street at 9.50pm on Monday night.

The suspects then made their way along St Leonards Road.

Detective chief inspector Andy Chalmers, from the Met's Homicide and Major Crime Command, said he was looking for a motive for the attack but did not believe it was gang related.

"Ajmol was with his friend and doesn't appear to have been doing anything to provoke this attack," he said.

"They were in Spey Street talking when they were confronted by five to six other male youths wearing bandanas and with their hoods up.

"The youths attacked first his friend and then stabbed Ajmol in the upper thigh.



Ajmol Alom, right, died after being stabbed

"We are keeping an open mind about the motive but at this stage there is no indication Ajmol was a gang member. We are also keeping an open mind about any precursor incident that could provide a possible motive.

"I would appeal for anyone with information about the attack or any witnesses to please come forward. Ajmol's family are naturally devastated."

Anyone who can help is asked to contact the police incident room on 020 8358 0100 or, if you wish to remain anonymous, Crimestoppers on 0800 555 111.

■ A 19-year-old was arrested on suspicion of murder on Tuesday morning and remains in police custody.



Maureen Gordon has given a teenager a home as part of the 'supported lodgings' scheme

Got a room for a homeless teen?

VOLUNTEERING

Lodging scheme on lookout for spare rooms to help youngsters

Rob.Virtue
@wharf.co.uk

If you have a spare room in your home and want to make a difference to someone's life, then a London charity needs you.

Depaul UK is running a 'supported lodgings' scheme backed by Tower Hamlets Council which helps people to rent out a room to a young homeless person for a period of six months to two years.

Ailsa McWilliam, who works at the charity, said the homeowner receives a lot of support and the young people are carefully selected.

"The moment you say homeless it can be a bit scary," she said. "This scheme's not suitable for all people on the streets, but it can be for a lot who are just young people who have nowhere to go."

"Every area needs people to take them in but because of the poverty in Tower Hamlets and the surrounding area, it's even more important there."

Maureen Gordon has had a teenager stay at her home for nearly two years.

The 52-year-old, who is a single mother-of-one, says she has found it a very rewarding experience and the teenager, Rihanna – not her real name – is now part of the family.

"From the start she was quite outgoing and fitted in well within the home," said Maureen from Catford. "You wouldn't be any wiser she wasn't a family member – she even looks like one of us."

"For me it allows me to use my own upbringing and day-to-day skills to help a young person develop. And it's good to get their trust and use that trust to help them."

Maureen said after signing up with the charity you go through a screening process to match you with a young person. Meetings are then set up before both parties agree to proceed.

"It's been really good," said Maureen. "She's independent and goes to college now."

For Rihanna, now 18, it's been a fantastic experience.

"I think supported lodgings is a great way to gain independence and gives you the opportunity to meet new people as well as receive support and guidance," she said.

For more information on supported lodgings and the charity's short-term Nightstop scheme go to depauluk.org.

BEN BRUMFIELD

Man, 40, jailed for his role in torture murder

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A 40 YEAR-OLD from Beckton has been jailed for his part in the kidnap and murder of a Polish man.

The body of Andrzej Kulesza was discovered in a field near Rothersthorpe, Northamptonshire, in April 2011, nearly six months after he went missing.

Three men, including Daniel Kosowski, of Henry Adlington Close, E6, were convicted of the crime and sentenced at the Old Bailey on August 7.

Kosowski was found guilty of preventing the lawful burial and disposal of a corpse and will spend the next year-and-a-half behind bars.

Investigating officer detective chief inspector Andy Chalmers, from the Met's Homicide and Serious Crime Command, said: "The three defendants, seeking revenge for a debt, kidnapped and tortured the victim before dumping his body, presumably imagining it would never be found."

"They acted in an appalling manner and one can only

imagine the physical and emotional trauma Andrzej suffered during the hours he was held captive. I am satisfied by the convictions."

Kamil Dreszer, 27, of Gledhill Park, Willesden, was convicted of murder, kidnapping and false imprisonment – in

preventing the lawful burial and disposal of a corpse and received 11 years' imprisonment.

Andrzej, who was a known drug dealer and in debt, was reported missing on September 19, 2010, after failing to return from the shop.

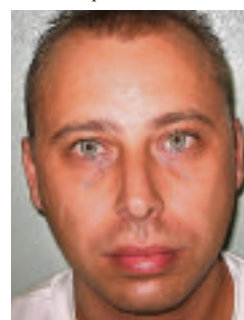
A group of men, including Dreszer, forced their way into the house of a friend of Andrzej's at 4am on September 19, 2010 and beat the man with a bicycle lock to discover where Andrzej was.

The victim's phone was stolen and a message sent, drawing Andrzej out of his house. He was then taken to an address in Greenhill Park, NW10.

Andrzej's girlfriend was told she would need to pay a ransom for his return, but after she had paid £300 and had been told another £500 was needed, the calls stopped.

Evidence showed the murder victim was beaten with a metal bar, spat on, force-fed amphetamines and alcohol and ordered to do press-ups.

A post-mortem failed to establish a cause of death.



Guilty: Daniel Kosowski

in addition to the same charge as Kosowski – and was sentenced to life in prison, to serve a minimum of 22 years.

Artur Janik, 27, of Willowmead Close, Goldsmith Park, was convicted of manslaughter, kidnapping, false imprisonment and

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Notebook

Sickness puts paid to best-laid school holiday plans

My meticulously planned, carefully constructed world has suddenly unravelled. In January, I spent hours trawling the internet and thumbing through journals, booking Master A into every club and activity available over the holidays.

His ridiculously long summer vacation was covered with week-long summer camps, improver swimming sessions and theatre holiday clubs.

The schedule had been working smoothly, the plates spinning remarkably well. I was feeling the least

guilty about being a working mum that I had for years.

The signs were there on Saturday. Master A started to complain of feeling unwell – his head was sweaty, his skin the pallor of someone who was highly unlikely to be going back to camp the following week. And, then it appeared. The red mark above the lip with which I have become so familiar.

By Sunday, Master A's impetigo had erupted like Vesuvius. Those beautifully balanced plates sent crashing to the floor with one fluid-filled blister.

WORKING MUM



TABITHA RONSON

I've known working parents with no child cover send their offspring to holiday clubs regardless of the state of their health.

At Easter, one of the mums I have come to know on the school holiday club circuit even sent her daughter to camp suffering from scarlet fever.

Although the little girl was running a fever, and was unable to swallow, with one set of grandparents living in Dorset and the other in Spain, the working mum said she had no other choice but to send her daughter in. She masked the tell-tale

red rash with Pan Stick Foundation. Yes, it probably was irresponsible of her, exposing other children to such a contagious disease, but as most of us working parents know, desperate times often call for desperate measures.

I can't say I didn't eye my Max Factor before opting to make that uncomfortable call to my boss on Monday. *Working mum: currently at home nursing a very poorly little boy while watching her precious holiday entitlement slip away and with an irate boss to face when Master A gets better.*

POLITICAL VIEWPOINT

By John Biggs

Island services need urgent improvement

As widely reported, the other week planning permission was granted for a 75-storey block of apartments close to Canary Wharf.

There was strong local opposition, and the councillors who agreed it were evenly divided. It will certainly be a striking addition to London's skyline, the tallest residential building in the UK.

Concerned residents say the scale of development on the Island is creating unmanageable pressure on services and we cannot keep building forever.

I share this concern. There is scope for more housing on the Isle of Dogs and some can be in tall buildings. But three things need to happen and, if I become



There is scope for more housing on the Isle of Dogs

Mayor, they will. First, we need to recognise that there is a limit to how much we can build.

There is still scope for new homes for those of all income levels who need one. But we need to urgently review local planning policies on questions of density, location and height. The Isle of Dogs is not Manhattan.

Second, we need to provide the school places, doctors surgeries and so on, where they are needed.

For reasons I do not understand, the local Mayor has failed to do this. The need is urgent.

Third, we need to start listening to local concerns. The future of the Isle of Dogs depends on a strong local community with a reasonable quality of life.

This needs a Mayor who listens to all parts of the community. That's the job – it's time someone did it properly.

London Assembly Member, City & East



Wharfinger The long view



2005 England and Real Madrid's David Beckham poses for photographs with children from his former school, Chingford Foundation, at the launch of his football academy – the David Beckham Academy – in Greenwich. It shut its doors in 2009.

1944 The rescue of Mrs Elsie Smith from remains of her home, 2 Whitta Road, E12 after it was hit by a V1 Flying bomb in July. At its peak, more than one hundred V1s a day were fired at southeast England, 9,521 in total decreasing in number as sites were overrun until October 1944, when the last V1 site in range of Britain was overrun by Allied forces.



High Five Top independent pale ales

With the Great British Beer Festival running at Olympia until August 17, we check out some pale ales to whet the whistle



Innis & Gunn Scottish Pale Ale £2.75
Balanced with fresh, floral citrus notes and generous hoppy mouthfeel



Windsor & Eton Windsor Cot Limited edition
tribute to Prince George. Sold out now but check for new Eton Boatman



Hello My Name is Metter Marit, £2.89
Double the usual abv in an India pale ale and flavoured with Norwegian lingonberries



Bath Ales Wild Hare, £2.08
Smooth, crisp and refreshing boasting fresh citrus, hoppy aromas and a dry, bitter finish



Oakham Ales Citra IPA, £2.59
Soft and very fruity, an initial sweetness leads to full flavoured mouthfeel with malty bitterness

Snapshot

Trends, stats & surveys

Top 10 habits that annoy most people about their colleagues



1. The smell of hot food causes offence, eg curries and fish.
2. Co-workers taking their shoes off at their desk.
3. Personal hygiene – not washing hands, picking noses etc.
4. Leaving the kitchen facilities in a messy state.
5. When colleagues take possessions without asking, eg mugs.
6. When workers bring crying babies into the office.
7. The quick-fire spread of idle office gossip.
8. Sending unnecessary emails to colleagues.
9. Co-workers skiving and not putting the required effort in.
10. Use of unnecessary vulgar language.

PLAYTIME

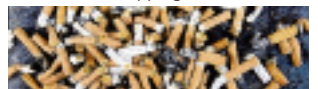
28%

Of parents feared being "judged" if they let children play unsupervised outdoors.

SMUGGLING

30%

Of corner shops in London are under threat due to lost sales from tobacco smuggling and cross-border shopping.



56%

Of owners have considered cutting corner shop staff due losses caused by smuggling, up from 42 per cent in 2012.

Sources: Peninsula Business Services; Play England; Tobacco Retailers' Alliance



A worker examines flint at the site

Ice Age tools found on site

CONSTRUCTION workers at Crossrail's North Woolwich site have unearthed evidence to show people lived in the Thames Valley over 9,000 years ago.

Archaeologists recently dug up 150 pieces of flint as well as blades, thought to be from a Mesolithic tool-making factory.

They believe prehistoric Londoners used the site to test, divide and prepare river cobbles used to construct the flint tools, before transporting them to a different site to complete the process.

Crossrail's lead archaeologist, Jay Carver, said: 'This is a unique and exciting find that reveals evidence of humans returning to England, and in particular the Thames Valley, after a long hiatus during the Ice Age.'



The Amerigo Vespucci ties up at South Quay. Inset, a member of her crew working in her rigging

Tall ship welcomes Wharf on board

THE crew of tall ship Amerigo Vespucci welcomed the public on board last week during her stay at Canary Wharf.

The 82-year-old Italian navy vessel, which is used for training, was docked at South Quay.

People were welcomed on board where they walked around the upper decks and took a look inside the

bridge and navigation room. Crew were also on hand to meet visitors.

The Amerigo Vespucci is over 100m long and is the widest tall ship in the world.

It shares its name with a long-standing Wharf restaurant – both being named after an Italian explorer.

Meanwhile, Sail Royal Greenwich is organising a tall-ship extravaganza

in Woolwich's Royal Arsenal later this month. From August 28 to September 1 a fleet of boats will head over and offer afternoon and evening cruises along the Thames.

It follows on from a successful event in the borough in 2012, when 14 tall ships stayed for three weeks during the London Olympics.

Rob Virtue

NEWS IN BRIEF

Emergency services

Man sought after daylight attack

NEWHAM Police are appealing for information after fighting broke out between a group of men in broad daylight.

Five were arrested for affray after the incident at Prince Regent Lane in E13, which saw one man stabbed and another run over by a car.

Officers are still looking for one more man. The fighting took place at 1.30pm on June 11.

If you have information, call Newham Police Violent Crime Unit on 020 8217 5853 or Crimestoppers on 0800 555 111.

Work to start on fire station

SHADWELL Work to rebuild the fire station will begin in 2014 after a funding deal was signed last week.

Blue3, partner of the London Fire Brigade's Private Finance Initiative, will design, build and maintain nine stations selected for improvements.

Shadwell will be part of the second phase of the £51.5million programme, which starts in September 2014, and is expected to take a year to complete.



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Sunday 22nd September

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Sunday 29th September

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*Special event times may differ please check your ticket purchase confirmation. Over 18's only.

What's on

Show sheds light on life with a piece out of place

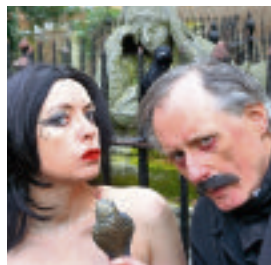
EDINBURGH

Giles Broadbent
@wharf.co.uk

A Greenwich man is resurrecting famous faces from the past for a series of comedy shows at this month's Edinburgh Fringe Festival.

Paul Wady plays poet Edgar Allan Poe as he tries to make sense of suddenly finding himself in the present day. Alongside co-star Elise Harris, he will portray the confusions that arise when he meets other historical figures including Marie Antoinette and Cleopatra through stand-up, cabaret and a lot of improvisation.

Dead Famous will also mark Paul's return to the festival, 28 years after his first performance. Paul has Asperger Syndrome, a



Paul Wady, right, as Edgar Allan Poe, with Elise Harris

form of autism, and believes the show is a metaphor for what it's like to live with the condition, which affects how the person relates to the outside world.

Paul, who works at the National Autistic Society, said: "Plucking historical figures out of the past and putting them in the present day creates situations where they're confused and at odds with the world."

"This also demonstrates how I and other people with autism often feel, like we're a jigsaw piece, removed from the puzzle."

"As well as being a lot of fun, I hope the show will get the audience thinking about what it means to have a disability or to feel like an outsider."

Elise Harris said: "*Dead Famous* is the culmination of over two years of hard work so it's really exciting to be performing it at a world-renowned festival. Paul and I have been performing for years but we've never done a show quite like this. Let's just hope it comes off."

Dead Famous will be performed at the Dragonfly every night until August 24. Go to edfringe.com/whats-on/comedy/dead-famous.

Top line-up has it all from bebop to acid jazz

FESTIVAL Three-day event will put Wharf at centre of the scene, writes Kay Lockett

From bebop and swing to New Orleans and acid, jazz music from around the world is coming to Canada Square Park for the largest free festival of its kind in London.

Canary Wharf will become the centre of the jazz scene when performers take the stage from August 16 to 18.

The free outdoor concerts will see a programme of new and nostalgic jazz from every genre.

Friday evening kicks off with Roller Trio, who play a mix of rock riffs, angular drums, electronic loops and powerful tenor saxophone, and a headline performance from the multi-award-winning alto-saxophonist and MC Soweto Kinch.

Saturday's programme opens with a set by the Nathaniel Facey Quartet the young British alto saxophonist, composer, arranger and band leader. Next up come Troyka with their visceral mash-up of rock, jazz and dance music.

At 5pm Soothsayers will keep it upbeat with their deep, hypnotic grooves, powerful horn lines and signature vocal harmonies.

Double MOBO Award-winning saxophonist, Yolanda Brown will play out her jazz, soul and reggae beats before a headline performance from Cuban violinist Omar Puente with his high-energy 10-piece band.

Sunday's entertainment will open with the Zoe Rahman Quartet, which is known for an individual style, powerful technique and exuberant performances.

British jazz pianist Jason Rebello follows, a player whose versatility and keyboard skills have found him working with a wide range of top musicians, including Sting, Peter Gabriel, Phil Collins and Joss Stone.

Ian Shaw, cited as one of the world's finest male jazz vocalists will fill the park with his sophisticated sounds before soulful vocals and get-on-your-feet beats from Carleen Anderson close the festival.



On the bill: Soweto Kinch



Cuban jazz violinist Omar Puente is due to appear with his high-energy band



RUNNING ORDER

Friday August 16

- 7-8pm Roller Trio
- 8.30-10pm Soweto Kinch

Saturday August 17

- 1.30-2.45pm Nathaniel Facey Quartet
- 3.15-4.30pm Troyka
- 5-6.15pm Soothsayers
- 6.45-8pm Yolanda Brown
- 8.30-10pm Omar Puente Raices Cubanas

Sunday August 18

- 1.30-2.45pm Zoe Rahman Quartet
- 3.15-4.30pm Jason Rebello
- 5-6.15pm Ian Shaw
- 6.45-8.15pm Carleen Anderson Soul Trio

Canary Wharf Jazz Festival, Canada Square Park, FREE, canarywharf.com.

COMPETITION

WIN family ticket to Planes + goodie bag

■ From the world of *Cars*, comes *Planes 3D*, Disney's animated story of a lowly crop duster who has dreams of racing in an around-the-world flying rally.

Dusty, voiced by Dane Cook, trains hard, working with Skipper, a battle-weary P-39, to qualify and must come up against arrogant high flier Ripslinger.

The Wharf has teamed up with Cineworld West India Quay to offer five tickets to

Planes 3D and when the film is done a chance to share out the goodie bag which includes Top Trumps, a hat, notebook, stickers and more.

For your chance to win, just answer the following question: *Who voices the character of Dusty?* To enter go to wharf.co.uk and click the competitions link on the right hand side of our site. You'll need this code **PL001** for your entry to be valid. Deadline: August 23.



So come on and let them entertain you

★ Two will become one at Cineworld West India Quay this week as two Robbie Williamses are due to perform.

The cinema will be streaming the Estonian date from the singer's *Take The Crown* European tour live in HD and, as a special treat for fans, it has booked Robbie tribute act Scott Borley to perform the singer's and Take That's greatest hits.

The event takes place on August 20 and starts at 7pm.





American soul singer Carleen Anderson, who performs at the Canary Wharf Jazz Festival, is the goddaughter of funk legend James Brown

The Goddaughter of Soul champions jazz

INTERVIEW

As musical influences go, the Godfather of Soul is a pretty legendary one. And when James Brown, inset, is really your godfather, it's hard to imagine being destined for anything other than a life in the music industry.

However, Texan soul singer Carleen Anderson tells me that wasn't always the case. "Music has always served a different purpose for me, as a force for healing," she said. "I was raised by God-fearing grandparents and sang in church. My life was very secluded, all I knew was gospel music."

As a child Anderson rarely saw her parents since they were on tour with James Brown most of the year – her mother was his backing vocalist during the '60s and '70s and her stepfather, soul singer Bobby Byrd, was his best friend.

When she left university, Byrd asked her to go on the road with them and fame followed in 1991 with the release of her band the Young Disciples' *Road To Freedom LP*. Her recordings have seen her

nominated for the Mercury Music Prize and a BRIT Award and have led to her working with the likes of the Brand New Heavies, Bryan Ferry and Sir Paul McCartney.

As we speak, she helps me to understand jazz a little more.

She said: "Jazz music should grab you, it's not made to be music in the background or in an elevator. It encompasses every kind of musical style and is not always what people believe it to be. It can involve ballads, love songs and dance music and will challenge your emotions. "Listening to jazz is an immersive emotional experience as well as an intellectual one – it's not just about entertainment."

Having grown up with religious music, Anderson's songs are grounded in gospel with other influences that have infiltrated her over the years.

She said: "My Wharf set will be a mixture of songs I wrote 20 years ago and some new ones I haven't even recorded yet. You will hear a mixture of soulful jazz, gospel and classical sounds."

Kay Lockett



Hit-and-miss superheroes learn painful life lessons

SCREEN

Kick-Ass 2

(15) 103mins

Kick-Ass was fun. If nothing else, the knowingly irreverent and wantonly shocking story of a bunch of kids who wanted to be superheroes brought us Hit Girl, the break-out, no-hold-barred, expletive swigging mini-pop in the form of Chloe Grace Moretz.

Sheesh, people got worked up about the use of the C-word, more than the use of the spear with which she lopped the limbs off the bad guys.

It was all about ordinary people trying to emulate the fog-shrouded psycho-scapes of Batman, Spiderman et al and then doing double French and getting grounded.

But, you see, it wasn't real. That was the point. They were talking about it being real but it was a movie, pulled together by a wry English collective involving director Matthew Vaughn and writer Jane Goldman.

Kick-Ass 2 wants to be really real. No, seriously. It's all about who we are and where we're going and an acknowledgement that if you prick them (with a shard of glass) they do not bleed (profusely).

So it goes wrong in the hands of new director Jeff Wadlow who has no confidence in his tone. Instead of having fun, they have issues. Instead of bad taste, there is cynicism. So when Hit Girl wanders off into another movie entirely (Mean Girls Do Misogyny), her revenge against the Queen Bees is not just embarrassing but empty.

Not that this film isn't without its moments. With Mindy (Hit Girl) semi-retired, Aaron Taylor



Chloe Grace Moretz as Hit Girl, the best thing in the movie

Johnson's Dave (Kick-Ass) hooks up with the Justice Force (headed by a seething Jim Carrey) to wheedle out the worms from the Big Apple.

They come up against Christopher Mintz-Plasse's super criminal with the unrepeatable name and a bottomless bank balance, who wants revenge on Kick-Ass for decking his dad with a bazooka.

Imagine the fight scene from *Bugsy Malone* only with nunchuks instead of splurge guns and that's how it plays out, only with Some Lessons About Life grafted on to suggest sequel-essential "growth".

Moretz is the best thing in this movie but it's a sign of the film's lack of evolution that, at 16, she's

outgrown the franchise. Taylor-Johnson is suitably upright and doltish as Kick-Ass but whatever drew the pair of them back to a sequel is not evident in script, visuals or execution.

Bad taste, OTT violence and the sight of tweenies boffing bad guys can work – but when it's stuck in a vacuum with nothing but itself to consume then the spectacle becomes crudely voyeuristic.

Giles Broadbent

Our verdict

Labourled sequel lacks the confident tone of the original

★☆☆☆☆

SCREEN

Bachelorette

(15) 91mins



Bridesmaids meets *The Hangover* (with fewer laughs) when three frisky gal pals take the bride out for a madcap night out and get more than they bargained for.

Kirsten Dunst, Lizzy Caplan, Isla Fisher and Rebel Wilson have fun in the Big Apple but its likable leads ultimately play safe and head nicely for the schmaltzy, predictable final act.

★☆☆☆☆

SCREEN

Plane 3D

(U) 92mins



This animated comedy adventure from Disney features Dusty (voice of Jon Cryer), a crop duster with dreams of competing as a high-flying air racer.

He turns to naval aviator Skipper, who helps Dusty qualify to take on champ Ripslinger. Dusty's courage is put to the ultimate test as he aims to reach heights he never dreamed possible. Great for fans of *Cars*.

★★★★☆

SCREEN

2 Guns

(15) 109mins



Two crooked undercover officers – one from the DEA and the other from the Navy – unknowingly lead investigations on the other in this crime thriller from director Baltasar Kormakur.

Formulaic and often astoundingly violent, this old school suspense drama is saved by its charismatic leads Mark Wahlberg and Denzel Washington.

★★★☆☆

Fashion



A ruby hearts bracelet, above, and hammered bangle, left, by former East London College student Nazan Alhas, right. The items are part of a new exhibition at the Window Gallery in Jubilee Walk



Jewellery show is Rumi-nation on love poetry

INTERVIEW

Jeweller Nazan Alhas talks about her Islamic influences and mysticism with **Beth Allcock**

Poetry from the 12th century has provided the inspiration for a new collection on show in Canary Wharf.

Nazan Alhas honed her passion for jewellery with a silversmithing course at East London College, before embarking on her *For Love* concept five years ago.

The unisex range centres on a "deep mystical essence" drawn from the work of Islamic saint and poet Hz Mevlana, known as Rumi.

"The concept of my collection is based on receiving and giving," said Nazan, explaining she was also influenced by her Turkish heritage.

"At the start of my jewellery training, I began to sketch figures of semazens, which are whirling dervishes, and the ideas poured into my sketchbook.

"The lines I picked from Rumi's poem were related to jewellery: 'What is gold, pearl or coral? If not devoted for love or for a lover?'

"Pearls, corals and gold were used to remind us to question wealth and the value of giving to loved ones from the heart.

"I have adopted part of the poem as the name of my collection and it is also engraved on some of the pieces."

Nazan said the hand and heart symbols featured on her array of designs, which include pendants, brooches, necklaces, rings and cufflinks, were symbolic.

She said: "I aimed to use hand symbols to draw attention to Sufi philosophy, receiving from a higher source and giving through the connection with the heart.

"The hand symbols represent whirling dervishes – the right hand raised above with palm facing the sky receives from the source, while left hands lowered, with palms facing down, offer.

"The heart symbols with a ruby setting are designed to reflect delving into the depths of our hearts to heighten, and connect to, the voice of inner guidance."

Although Nazan is hard-pressed to choose a favourite from her new range – currently on display at the Window Gallery in Jubilee Walk – she

What influenced the collection?

"The lines I picked from Rumi's poem were related to jewellery – 'What is gold, pearl or coral? If not devoted to love or for a lover?'"

Nazan Alhas

said she was proud the range would make its mark on the estate.

"This is the representation of the materialistic world, where money, shares, statistics and interest rates dominate daily life," she said.

"In contrast to this, I am aiming to reflect the spiritual needs and values of humanity throughout my concept."

Wharfers can see the collection on display at the Window Gallery until August 30.

Jewellery available from nazan.co.uk. Prices on request.

MALL TRAWL

Deals offers and bargains compiled by Beth Allcock

LINKS OF LONDON

Disarming nail polish handout

★ Make sure your hands and arms are making a colourful fashion statement this summer with an offer from Links of London.

The store in Jubilee Place is handing out a free Jessica nail polish when shoppers opt for a new bracelet from its Effervescence XS Cord Collection. Go to linksoflondon.com.

CLINIQUE

Pick up a selection of free make-up

★ Shoppers who buy two items from the Clinique skincare range, stocked at Boots in Canada Place Mall, will be treated to a free summer selection of goodies including nail polish, emery boards and facial soap.

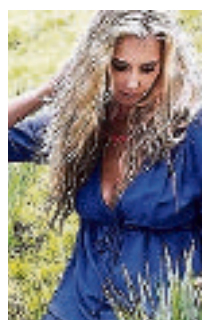
Offer ends on August 17 and only applies to transactions that include at least one Clinique skincare item.

GHOST

Match a dress to your accessories

★ Ensure your outfit is perfectly matched with your accessories thanks to a service from a new store at Westfield Stratford City.

Fashion chain Ghost will be offering a dye-to-order service – simply choose a dress style and your preferred colour and the store will produce your one-of-a-kind garment within four weeks.



Ghost will be offering a dye-to-order service at its store

L'OCCITANE

Bag free shower gel worth £13

★ With the sunny days set to turn to autumn, stock up on the scents of the season at L'Occitane.

Enjoy products bursting with sweet cherry blossom and peony or opt for traditional classics of lavender and verbena.

And if you spend £35 or more in the brand's Jubilee Place store, you'll receive free shower gel worth £13.

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Food

TASTING NOTES

Food and drink round-up

ROYAL CHINA

Sample Chinese mooncakes, free

★ Wharfers with a penchant for Chinese mooncake should head to Canary Wharf's Royal China Group next month.

Coinciding with Moon Festival, or Mid-Autumn Festival, the Chinese celebration of the harvest, the restaurant at Canary Riverside will be offering the delicacy to its customers for free on September 19.

Traditionally served with Chinese tea, the pastry snack has a sweet, dense filling of red bean or lotus seed paste enveloping a salted egg yolk "moon", and each one contains up to 1,200 calories.

Pizza offer



★ Enjoy pizza in the park with Wildwood Canary Wharf's special offer.

The restaurant, in Jubilee Place Mall, is offering the tasty treat to take away for £4.95 each until August 31.

The discounted grub is available every day but excludes the Giganti range.

ITSU

Half-price sushi and salad at Itsu

★ Lacking inspiration in the kitchen after a hard day's work on the Wharf? If so, a half-price dinner from Itsu may just make your mouth water.

The sushi and salad chain, which has branches in Cabot Place, Canada Place and Jubilee Place malls, is offering the discount daily, half an hour before its 9pm close. The offer only applies to Itsu's cold food.

ROCKET

Outlet prepares sparkling event

★ Rocket is hosting a complimentary tasting event on August 21, at which guests can sample sparkling wine from Italian producer Ferrari.

The bar and restaurant, which has also published a wine price comparison guide online, will also be offering its August bin-end deals soon.

Go to rocketrestaurants.co.uk.

Specialist wine bar harks back to Wapping's past

WINE

Victualler offers organic, biodynamic and range of natural wines, writes **Beth Allcock**

Heading to a Wapping venue with a very different selection of wines behind its bar, I assumed getting my head around the natural, organic and biodynamic varieties would be the major challenge of the evening. But, in fact, it was the bar's name – Victualler.

Tentatively pronouncing it vic-chu-all-er silently in my head, followed by an attempt with a French twist – vic-tu-all-eh – owner and director Daniil Vashchilov smiled as he said the name prompted much confusion.

Victualler, correctly pronounced vitler, describes those people who first came to Wapping and were purveyors of spirits and innkeepers.

"It's everything we do, there couldn't be a better name for our place," said the Russian, who founded his specialist bar last year.

His enthusiasm for his premises, Wapping itself, which he describes as a "hidden gem", and his organic selection of wines, brings a genuine feel-good atmosphere to the project.

"There are three sommeliers who work here. Everyone has qualifications in wine and spirits, and this is our passion," he said.

"We call ourselves professional alcoholics as we enjoy what we do. We drink the wine ourselves and we think that's very important."

The 31-year-old said he was careful to select wines from his seven suppliers that "truly show" their place of origin.

The wines fall into three categories – organic, biodynamic and natural.

Daniil calls the last of these "unusual and very funky", with producers using only indigenous yeast and eschewing sulphur dioxide.

Organic varieties centre on what

has happened in the vineyard and the elimination of chemicals and pesticides on site.

There is method behind an apparent madness when it comes to the biodynamic versions, he stresses, which centres on the relationship between the moon and stars to generate a healthy vine.

These also have low levels of sulphur dioxide – a chemical found in ordinary wines that is believed to cause headaches and migraines.

"We want to show organic wines don't necessarily have to be more expensive," said Daniil.

"It's much easier to convert people when you drink the wine side-by-side, so in the shop we have up to 10 per cent conventional wine too.

"The main reason we do have them is that we want to give some examples and some comparisons of taste.

"We enjoy explaining them and we are not snobbish about wine.

What is the ethos behind the bar?

"We like educating people and providing knowledge and experience – we don't try to make a show out of people."

Daniil Vashchilov

"We like educating people and providing knowledge and experience – we don't try to make a show out of people."

And that shows in Victualler's generosity – staff will offer up samples of wine as well as explanations, before you plump for a glass in the bar.

I tried orange wines, white biodynamic and organic varieties before settling on a fruity red for the night.

Victualler's first birthday is on August 17 and, with a party arranged for September 14 (with free entry), Daniil said: "I feel very comfortable in Wapping. It's a great place to do business and we are doing something new.

"The bar has got more popular and we've had good feedback from locals and I think we have become a part of the community. I think Wapping is going to change and it's going to happen quite soon – it would be nice to be at the beginning of something." Victualler, at 69 Garnet Street, is open every day from 2pm to 11pm (10.30pm on Sundays). Go to victualler.co.uk.



Daniil Vashchilov, Victualler's owner and director, says the bar's sommeliers are not snobbish about wine and enjoy explaining the varieties it offers



130-year-old wallpaper and exposed brickwork at the shop



Food concept behind bar

★ "Wine is a gastronomic product, it has to be consumed with food," said Daniil.

"In the beginning we had a concept of British food – we wanted to show local people that there is so much food they don't know anything about."

Daniil's 11-month hunt for the

best bread in the capital ended when he discovered a delicious sourdough in Brixton market, which is sold at £3 for a basket.

British cheese platters (£13), a charcuterie board (£15) and Victualler's own beef stripes (£4) are all must-tries from the bar's food menu.



Left and above, cheese and cured meat available at Victualler
Right, Daniil tries a wine



PICTURES KAY LOCKETT



Take home an organic wine from the shop

★ Don't have time to chill in the bar but fancy an organic wine to enjoy at home?

Call into Victualler's shop, which boasts 30 wines available to try by the glass.

My favourite was the Battle of Bosworth Cabernet Sauvignon, which I promptly whipped from the shelves for £22.99.

Yes, the price tag was a whole lot more than I'd spend in the wine aisle of my local supermarket, but the silky smooth, fruity texture was irresistible – especially knowing that the product was biodynamic.

If you're the patriotic type, perhaps opt for the Gusborne Brut Reserve vintage sparkling wine made in Appledore, Kent, which is good value at £31.99.

Or, if after you've chosen your wine to take home you're tempted by Victualler's homely feel, take the bottle to a table for £10 corkage.

Beth Allcock



Monthly tastings at £25 per head

★ Victualler hosts regular wine tastings on the first Tuesday of every month.

Tickets for the events, which usually involve sampling about six different wines, sell out quickly, so it might be worth immediately clearing a space in your diary for its September offering.

Tickets cost £25 per person, which can be redeemed against the cost of a case of wine.



The bar, in Garnet Street, Wapping, has already become part of the community, Daniil says

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Health



FACTFILE

- What: nordicbalance.co.uk.
- Where: 4 St James' Square, London, SW1Y 4JU.
- Cost: From £32.50 for a 30-minute session.

The team at Nordic Balance promise all the benefits of a longer exercise session in just 30 minutes

Less is sometimes more when it comes to picking the right gym



Our fitness guru **Laura Williams** gets into boutique studios

Is the boutique studio gym the future of fitness? Have bigger organisations had their day? If it's expertise and capped membership you're after, you might be better off heading to a smaller independent. Here are three of my favourites operating in the City:



Mayfair's In & Out Naval and Military Club is home to Nordic Balance

FOR THE TIME-POOR EXEC

■ If you long for personal training sessions that don't devour your free time, it might be worth investigating **Nordic Balance**.

A quiet gym situated in Mayfair's In & Out Naval and Military Club, Team Nordic Balance recognises that exercise is something that often takes second place – but staff pledge to get you those results nonetheless.

Their 30-minute, In and Out lunchtime workout is a high intensity personal training session that is designed to ramp up both fitness levels and metabolism in, well, just half an hour.

FOR THE SERIOUSLY SPORTY



City Athletic is a basement space with a no-frills ethos. It's packed with high quality exercise equipment

■ **City Athletic** does exactly what it says on the tin – it provides a no frills, well stocked workout environment for the serious exerciser.

Located in the basement of Sweatshop's first concept store in Trump Street, City Athletic houses a two-lane sprint track and a coaching team that includes world champions, past and present,

in rowing, weight-lifting and athletics, as well as professional rugby players and footballers. If you're a Zumba chick, this may not be for you.

■ What: cityathletic.co.uk

■ Where: Sweatshop, 6 Trump Street, London EC2V 8AF

■ Cost: Memberships from £75 a month. First three months at £50 with Special Summer Promo.

FOR THE HIGHLY COMPETITIVE



Go spinning and compete with everyone in the room at Cyclebeat

■ Founded by two London lawyers and launched earlier this year, Lombard Street's **Cyclebeat** spinning studio is perfect for the exec who wants a lunchtime spin with an edge.

Every bike in the studio comes equipped with an on-board computer that tells you how fast you're pedalling and how much energy you've used. And, should

you choose to opt in, your stats will appear on a screen (in front of the class) on the studio's signature Beatboard, allowing you to compete against colleagues. If this your idea of pressure hell, however, you can keep your stats private.

■ What: cyclebeat.co.uk.

■ Where: 8 Lombard Court, London EC3V 9BJ.

■ Cost: From £15 for a single class.

FITNESS FAST

Classes, news and activities

RUNNING

Do five or 10k to fight heart death

★ Tackle a hilly Greenwich Park for a charity event with heart this weekend.

More than 1,000 fundraisers are expected to run 5k or 10k routes on Saturday to raise cash for the British Heart Foundation.

The second event of its kind will see competitors of all ages and abilities set off from the bandstand and do their bit to combat heart disease – an illness that kills 80,000 people a year.

Entry is £12 for those aged 16 and above, with a 1km challenge for youngsters at 9.30am.

Go to bhf.org.uk/greenwichparkrun.

Championship

★ Kettlebells will be the equipment of choice as Reebok Sports Club plays host to a national competition.

The Canada Square gym will welcome the British Kettlebell Sport Open Championships on September 1.

Men and women will battle it out to show their strength in the biathlon and long cycle events with kettlebells.



WEATY BETTY

Sign up for free exercise classes

★ Get Fit 4 Free is a month-long campaign by Sweaty Betty starting in September aimed at empowering women.

Try free exercise classes as a Sweaty Betty member as part of the campaign.

Sign up to the Sweaty Betty newsletter at sweatybetty.com or pop into the Cabot Place East store for more information.

PURE SPORTS MEDICINE

Get your tendon problems sorted

★ Tendon specialist, Professor Hakan Alfredson, will be over from Sweden at Pure Sports Medicine clinic in Cabot Place West from August 19 to 22.

If you have an unresolved problem with your achilles, patella, or elbow tendon, contact Joanne Beaseley, for further information on booking an appointment. Call her on 020 3595 1232.

WLTW...

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
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
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JACKIE 38 looking for that special genuine guy also looking for love and to fill that lonely gap in their life, any area. ACA. Tel No: 0906 500 3729 Box No: 407013 

PAULINE, passionate, intelligent, discreet married lady seeks discreet special man of any age, call for more info. Tel No: 0905 002 1952 Box 339087

BORED fed up and lonely too? Lorraine pretty petite solvent blonde, active, professional, likes nice food/wine, holidays, seeking similar male to spend quality time together. Tel No: 0906 500 3729 Box No: 407007 

YOUNG looking blonde, 53, likes football, music, holidays, seeks caring male, 50-55 for LTR. Tel No: 0906 500 3729 Box No: 392796

DIVORCED female, 66, blue eyes, 5ft 4ins, medium build, blonde hair, seeks male, 66-75 for friendship/companionship, maybe more. Tel No: 0906 500 3729 Box No: 406059 


CLARE easygoing 34yr old professional, OHAC, financially independent, enjoys holidays, nights in/out, WLTW male for time of liaisons without ties. Tel No: 0906 500 3729 Box No: 406831 

JULIE newly single and ready to start again with honest, trustworthy, life loving, happy male who just wants to find someone special to fall in love with. Tel No: 0906 500 3729 Box No: 406887 


BEAUTIFUL olive skinned sensual lady, adventurous, with some naughty ways, discreet and seeks same. Age/looks/nationality unimportant but must be adventurous. Tel No: 0905 002 1953 Box 345725

VANESSA attractive, glamorous black lady, 5ft 6ins, curvy size 14, seeks caring, loving, solvent, generous, white male, 35-55 for fine dining and travel. Tel No: 0906 500 3729 Box No: 387184 

WHITE female, 55, brown hair/eyes, N/S, likes meals out, nights in, walks, travel, pubs, cinema, music, seeks white male, 50-58 for friendship/relationship. Tel No: 0906 500 3729 Box No: 406753 

QUIET honest, loving 51yr old female, medium build black Caribbean, seeks male, 49-60, honest, loving for companionship, maybe LTR. Tel No: 0906 500 3729 Box No: 404931 

GINA attractive, slim, likes music, GSOH, seeks nice gent, under 60 for LTR. Tel No: 0906 500 3729 Box No: 233636

PROFESSIONAL black woman, seeks educated, professional, white male, 45-60, 6ft plus for LTR. Tel No: 0906 500 3729 Box No: 406069 

ATTRACTIVE young looking widow, 65, likes most things, seeks nice gent 60-70 for friendship and love. Tel No: 0906 500 3729 Box No: 406133

WIDOW 70, honest, sincere, caring, likes music, caravans, gardening, walks, days out, seeks male. Southend. Tel No: 0906 500 3729 Box No: 405999 


SANDY 64, young looking, nice personality, GSOH, seeking nice gent, 64-70 for friendship and more. Tel No: 0906 500 3729 Box No: 402261

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JULIA 45, many interests, looking for friendship, maybe more. Tel No: 0906 500 3729 Box No: 405777

STELLA strict, mature lady, seeks gent for mutually rewarding times. Tel No: 0906 500 3729 Box No: 405571 

RARE that's me. 48, honest, caring, respectful, caring N/S lady, blonde, attractive, size 16-18, seeks true, romantic gent for friendship, maybe more. Tel No: 0906 500 3729 Box No: 403325

HONEST sincere caring lady, 40's, looking for over 40yrs N/S romantic honest sincere gentleman with GOSH for friendship, possible LTR. Tel No: 0906 500 3729 Box No: 371809 

60's lady, smart, seeking company of pleasant male, 65-73. Tel No: 0906 500 3729 Box No: 405535



LOOKING for Knight on Bike. Hippy Goth Rock chick 52 into heavy rock, black metal, country, bike rallies and more, looking for male with similar interests. Tel No: 0906 500 3729 Box No: 405057

FEMALE likes cinema, meals out, walks, seeking black male for friendship, relationship. Tel No: 0906 500 3729 Box No: 404473

ROSEMARY 48yrs, white, brown hair/eyes, 5ft 3ins, seeking understanding, caring, romantic, genuine N/S male 49-63, car owner for friendship maybe more. Tel No: 0906 500 3729 Box No: 404129

18YR old female looking for fun times only. Any age. Tel No: 0906 500 3729 Box No: 403993 

BLONDE tanned female, trendy, 46, GSOH, likes walks, pubs, nights in, seeks male. Tel No: 0906 500 3729 Box No: 384852

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SLIM male, 5ft 9ins, 60, bald, attractive, down to earth, seeks female. Tel No: 0906 500 3729 Box No: 407137 


ATTRACTIVE blond blue eyed male 47, genuine, fun loving HIV positive, OHAC, GSOH, seeks genuine fun loving black/Asian or oriental female. Tel No: 0906 500 3729 Box No: 405185

JOHN seeking female for fun and friendship. Tel No: 0906 500 3729 Box No: 391208 


TALL handsome, professional male, seeks down to earth, attractive lady for tender, loving, caring, discreet relationship. Tel No: 0906 500 3729 Box No: 393441 

MATURE romantic, sincere, single gent, 59, blind from birth, GSOH, seeks very special lady, 40-65 for LTR, lots of love, affection and heart of gold. Tel No: 0906 500 3729 Box No: 407099


EASYGOING active, genuine, trustworthy, N/S late 60's male, varied interests, seeks warm, positive, slender, Essex lady for companionship plus. Tel No: 0906 500 3729 Box No: 407097

JOEY 48, black, seeking full figured female, honest, fun loving, supportive, likes travel, meals out. Tel No: 0906 500 3729 Box No: 407083 

BILL 5ft 8ins, medium build, Aquarius, likes reading, TV, nights out, seeks buxom female for fun, friendship and relationship, 35-55. Tel No: 0906 500 3729 Box No: 407061 

GEORGE 6ft, genuine, honest, N/S, looking for sincere female. Tel No: 0906 500 3729 Box No: 406991 


SINGLE male, 50 plus, seeks buxom, busty female, 35-55. Tel No: 0906 500 3729 Box No: 363773

WHITE male 59, good build seeks slim female, 25-40 for LTR. Tel No: 0906 500 3729 Box No: 406961 

6FT 3ins male, grey hair, blue eyes, medium build, seeks female, 50's, preferably blonde, blue eyes and medium build. Tel No: 0906 500 3729 Box No: 405591 

ATTRACTIVE white male 39, good build, seeks slim female 25-40 of LTR. Tel No: 0906 500 3729 Box No: 405133

HENRY likes sports, clubs, socialising, smoker, occasional drinker, seeks female for friendship, maybe more Tel No: 0906 500 3729 Box No: 406741 

JOHN fit, loving 51, loves life, honest, sincere, seeks slim-medium build lady for loving times. Tel No: 0906 500 3729 Box No: 405969 

FUN loving ambitious, hardworking, honest caring black male seeking likeminded beautiful female for fun or relationship, 25-35yrs. Tel No: 0906 500 3729 Box No: 404643 

MALE 60 looking for mature fun bubbly female 70yrs plus for fun adult relationship. Tel No: 0906 500 3729 Box No: 404039 


ATTRACTIVE black male, professional, 5ft 8ins, medium build, caring, honest, hardworking, serious, seeking confident female, 28-42 with GSOH for serious relationship. Tel No: 0906 500 3729 Box No: 400227

CHRIS 50, medium build, brown hair/eyes, glasses, many interests, seeks petite-medium build, N/S lady, 50 plus. Tel No: 0906 500 3729 Box No: 390718 

ATTRACTIVE white male, good build, 38, seeks slim female, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 392895

JONNY fit 49yr old, loves life, 5ft 9ins, honest, seeks slim soul mate for loving relationship. Tel No: 0906 500 3729 Box No: 391126

BUSINESSMAN late 40's, seeks younger partner, 25-35, N/S for relationship. Tel No: 0906 500 3729 Box No: 388199

SAMMY passionate, smart, intelligent, discreet man, seeks lovely lady for fun and friendship. Tel No: 0906 500 3729 Box No: 406865 



SINGLE white guy 50, 6ft 4ins, seeks female. Personality more important than looks, single mum welcome also. Tel No: 0906 500 3729 Box No: 405301

CARING genuine male, young 66, slim-medium build, brown hair, likes most things, seeks similar lady for friendship/relationship. Tel No: 0906 500 3729 Box No: 406661


MIKE 49, 5ft 10ins, easygoing, likes pubs, coast, cinema, seeks similar sincere female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 395497 


ROMANTIC passionate guy 45, honest, friendly, likes dining, wine, travel, weekends away, pampering/spoiling, seeks lady to share good times. Tel No: 0906 500 3729 Box No: 383423

BRIAN 50, 5ft 9ins, medium build, attractive, seeks attractive white female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 405959

DEREK black male, seeking female for 1-2-1 relationship, likes travel, meals out, family life. Tel No: 0906 500 3729 Box No: 406555

Men seeking men

MALE 34, attractive, 5ft 10ins, blue eyes, blond hair, seeks slim male for fun relationship. Any area, can travel. Tel No: 0906 500 3729 Box No: 311892 

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Travel

The capital of happiness where wishes come true

SALVADOR

Your luck will be in if you visit this Brazilian city, writes **Pete Thompson**

Salvador is known as Brazil's capital of happiness, and the crowd in the recently-opened Arena Fonte Nova football stadium, who are watching home team Bahia in an eagerly-anticipated derby match against arch-rivals Vitoria, are bouncing up and down, singing and swaying to the beat of drums.

I can only imagine what it will be like to return for a game next summer, when the 55,000-capacity stadium will play host to World Cup matches.

But those who are fortunate enough to get tickets, which go on sale this month, will have much more than football to enjoy in Salvador and the north-eastern state of Bahia.

The bright lights and sandy beaches of Rio de Janeiro are more often than not the first place tourists flock to in Brazil, but Bahia is arguably the heart and soul of the vast South American country – and an ideal introduction to Brazilian culture.



Salvador, in the north-eastern state of Bahia, is the perfect place to relax and soak up the Brazilian way of life



The plush Tivoli Eco Resort in Praia do Forte lies an hour outside Salvador

Salvador was one of the first places in South America to be colonised by Europeans. From 1532, Portuguese settlers brought African slaves over to work in plantations. I'm struck by the African influence as I wander through the cobbled streets of the old town Pelourinho, registered as a UNESCO world cultural centre.

Outside colourful buildings, street vendors sell anything from paintings to traditional Bahian cuisine, such as acaraje, a snack made from mashed black-eyed peas deep-fried in palm oil.

Salvador is populated by more people of African descent than any city outside Africa, and the slaves

were also responsible for some of the most impressive architecture in this former capital of Brazil.

I'm taken aback by the attention to detail of the carvings and gleaming gold inside the Sao Francisco Church, which took around 100 years to build as slaves worked through the night.

My next port of call is the plush Tivoli Eco Resort in Praia do Forte, around an hour's drive up the coast. Lounging in a hammock on the balcony of my spacious suite, I gaze out at palm trees, a seductive white sandy beach and ocean waves crashing in.

The following morning, large iguanas stroll around on the grass as I

FACTFILE

■ Pete Thompson was a guest of TAP Portugal (flytap.com, 0845 601 0932) which operates 74 weekly flights from the UK to Brazil via Lisbon and Porto. A return flight in economy from London to Salvador starts from £543, including taxes.

■ For more information on Brazil, go to vbrata.org.

laze by a swimming pool overlooking the sea. The resort is a haven for relaxation with first-class service, food and a spa which I float out of after a relaxing massage.

A short stroll down the beach is the Tamar Project, a sanctuary for the preservation of sea turtles where I see up to five species as a group of school-children are taught about the importance of conservation. There's also the opportunity to feed sharks before it's time for another feast of my own.

I'm invited into the kitchen at the Terreiro Bahia restaurant, where two female chefs meticulously conjure up traditional local dishes with aromas that arouse my taste buds.

Moseying down the quiet main street in laid-back Praia, I see artists painting colourful pieces, jewellery being made and lucky charms for sale. But my ribbon is still firmly wrapped around my wrist as I reluctantly board the plane home from a trip that has conjured up more than I could ever have wished for.

the Wharf TRAVEL CLUB

News and deals

Docklands hub reports strong stats

AVIATION The summer getaway was in full flow last month with London City Airport reporting record passenger figures.

July saw 328,115 people pass through – 25 per cent up on 12 months earlier and 12,600 more than the previous high recorded in May this year.

It follows new leisure routes being introduced over recent months including Rome and Venice.

Matthew Hall, chief commercial officer at the airport, said: "London City Airport is



London City Airport

primarily a business airport, which suggests the summer months would be quieter for us.

"However, with airlines adding more leisure routes and additional business destination frequencies, this summer is so far turning out to be even busier than the winter months.

"While we are delighted that more people are choosing the convenience of LCY, these numbers demonstrate the importance of developing our existing infrastructure."

London City submitted a planning application last month for works including an extension to the terminal building.

Star bargain



★ Embark on an 11-day Himalayan trek from £1,589pp with Discover Adventure including a visit to Annapurna (8,091m above sea level). Included is 10 nights' accommodation, flights, most meals and entry to sites. Go to discoveradventure.com.

What is special about the region?

"Bahia is arguably the heart and soul of the vast South American country – and an ideal introduction to Brazilian culture."

Pete Thompson

TAP Portugal offers the option of flying in to Rio and out of Salvador (the capital of the Bahia state), so you can combine both cities in one trip.

I'd always envisaged Brazilians as being a hospitable bunch. But I was not anticipating being greeted at the airport by a resplendent lady in traditional African dress, who ties a ribbon (known as a fita) around my wrist and tells me to make three wishes.

I'm assured my new fashion accessory will give me good luck and am instructed not to remove it until my wishes come true.

After a short journey from the airport I arrive at the luxurious Pestana Convento do Carmo. The hotel was built as a convent in 1586 and the structure of the building has undergone few changes since then. There are even a few monks living in part of the grand old building.

Education

focus on provision



Sydenham High School's Colin Laverick says it knows how girls learn best

Pupils here are names not numbers

Kay Lockett
@wharf.co.uk

ALL 475 pupils are greeted by name each morning at Sydenham High School in Lewisham.

"We celebrated 125 years last year, so we know what the girls need and how they learn best," said the independent school's deputy headteacher, Colin Laverick. "We provide a well-rounded education as well as strong academic credentials."

"Every girl is known by all the teachers and we look at the talents of each individual. We give that extra personal touch and attention to each and every pupil."

Sydenham High School is part of The Girls' Day School Trust (GDST), which runs 26 independent schools throughout the UK.

There are no mortgage debts on GDST properties so fees are concentrated on curriculum initiatives, staffing and training as well as the school's facilities and resources.

Mr Laverick, who has been at the school for 16 years, said: "We have



The 125-year-old school is only 15 minutes from Canada Water

a wide age range of teachers who provide an interesting blend of enthusiasm and experience.

"We pride ourselves on providing a wide-ranging education – we have a strong enrichment programme where the girls can take part in activities such as rock climbing, cookery and other life skills."

"We have an award-winning choir and are starting an athletics support programme in September – we want to nurture future Olympic athletes."

Accommodating girls aged four to 18, the school is proud that all pupils attending sixth form go on to university and four to five girls a year go on to medical school. A minimum of 75 per cent are

expected to achieve A-levels at grades A and B, enabling them to go to their first choice university.

Mr Laverick added: "We have a leafy environment only 15 minutes from Canada Water, and with ever-extending transport links the school is easily accessible."

"We also offer bursaries and scholarships for students who may not be in a financial situation to attend our school – we have partnered with HSBC who provide a global education programme and financial assistance for promising students."

Sydenham High School is holding open days in September, October and December. For more details go to sydenhamhighschool.gdst.net



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George Green's inclusive ethos is its strength

Diverse student body sets the school apart, its deputy head says

Beth Allcock
@wharf.co.uk

Walking through the gates of George Green's, pupils step inside a school with a "tremendous inclusive ethos," its deputy headteacher says.

Charles Claxton, who has been working at the Isle of Dogs institution for the past five years, said this "defining characteristic" sets the school apart from others.

Accommodating 1,150 young students aged between 11 and 18, places are still available for September's year eight intake and the sixth form.

"All schools do the best they can for children they work with but George Green's doesn't keep anyone out – it's

a school that really does embrace everybody," said Mr Claxton.

"We have got young people from all backgrounds and walks of life, some find learning easy, some find it difficult, but we bend over backwards.

"Being inclusive is about a different sort of learning – it's about the person you grow up to be.

"You need to be able to go out and deal with a whole variety of people and to be in a school that really is as diverse as George Green's is a good starting point."

Coupled with its inclusive ethos, educational results are also improving at a rapid rate. In 2012, 55 per cent of pupils secured five GCSE grades at A* to C, including English and Maths.

This summer, it is hoped two thirds of pupils will achieve the same feat – a figure well above the national average. And, for those completing their GCSEs, the International Baccalaureate lies in store. Mr Claxton said the qualification



– usually offered by private schools – attracted a student intake from as far afield as Asia and South America.

And, with results above the worldwide average, he added the qualification was impressing businesspeople visiting the Manchester Road site from Canary Wharf.

"The links with businesses are very strong," he said. "We do an awful lot of work with Canary Wharf-based companies and there are all sorts of



Deputy head Charles Claxton says the school welcomes young people from all walks of life

opportunities for internships and mentoring. Our young people are lucky – they get the opportunity to build relationships and get to know people and it breaks down preconceptions they may otherwise have."

With a £13million building programme set to be completed next year, Mr Claxton added the new facilities would be a further source of inspiration for the school's pupils. Go to georgegreens.com.



6

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NEWS IN BRIEF

Business digest

FCA strengthens supervisory roles

FINANCE The Financial Conduct Authority, based at North Colonnade, has appointed four directors in a re-structure of its supervision division.

Karina McTeague has been appointed as director of retail banking, Linda Woodall as director of mortgages and consumer lending, Nick Poyntz-Wright as director of long-term savings and pensions and William Amos as director of wholesale banking and investment management.

All four of the new directors will report to Clive Adamson, who remains director of supervision at the FCA. He said: "They bring a wealth of industry and regulatory experience and will strengthen the leadership of the organisation."

Four fold increase in Wharf workers

STATISTICS Data released by the Office for National Statistics has revealed there were nearly four times as many people working on the Wharf in 2012 than there were in 2001.

Despite the impact of the financial crisis the ONS found the number of Wharf workers had shot up to 100,500 from 27,400 eleven years earlier.

The figures suggest the City has managed to weather the storm of job cuts at various banks brought about by the credit crunch in 2008. In a separate report released last week, TheCityUK found finance and related services employed 2.1million people across the country.

Mayor's ally joins Crossrail's board

TRANSPORT Boris Johnson's close confidante Daniel Moylan has joined the board of Crossrail.

Moylan, who is the Mayor of London's chief advisor on aviation and also sits on the board of Transport for London, will be a non-executive director at Crossrail.

Crossrail Chairman Terry Morgan said: "Daniel joins the Board as TfL's nominee. He brings a wealth of experience including over 20 years service to local government in London and four years as deputy chairman of TfL."



An artist's impression of the new Travelodge hotel near Greenwich DLR station

Travelodge continues expansion in capital

HOSPITALITY

Beth.Allcock
@wharf.co.uk

Budget hotel chain Travelodge is expanding its offering in south east London with a new site next to Greenwich DLR and train stations.

The 104-bedroom facility will sit within The Movement development – a mixed use site currently under construction to provide apartments, a health club and business units – after a deal was made with joint venture partners Cathedral Group and Development Securities.

Experienced Travelodge constructors Anglo Hunt will take on

the building work in October, with the doors due to open in September 2014.

The hotel – which will be just a few minutes DLR ride away from the chain's branch in Deptford – is expected to create more than 20 jobs and generate additional revenue within the local economy.

Tony O'Brien, UK development director for Travelodge Hotels, said: "It is a fantastic location and a great development to be part of."

"We have two other hotels in the borough, opposite Deptford Bridge DLR Station and in the centre of Woolwich and both trade really well."

"This new hotel is fantastically located for the National Maritime Museum and the Cutty Sark and, being

next to the DLR and mainline station, it is also great for getting into central London."

The first Movement residents will be moving into their homes this winter and during the next 10 years it is estimated the scheme – including the hotel – will generate a combined £275million for the local economy.

The joint venture partners have also completed forward funding to an American private investor for £8.6million with the investor stumping up cash for the hotel's construction.

Andrew Storey, development director at Cathedral Group, said the deal underlined the developer's skill in generating value as well as achieving its desire to "create great places".

Business Traveller

News, tips, gadgets etc

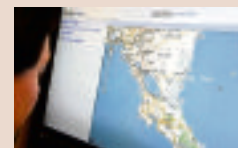
Loo-Loo and Aqua join Stobart's fleet

AIRPORT Loo-Loo and Aqua are the latest additions to join the vehicle fleet at London Southend Airport.

Loo-Loo – as her name suggests – is a truck designed specifically to remove waste from aircraft. Aqua supplies aircraft with fresh water. The pair represent a £200,000 investment in the vehicle fleet at London Southend Airport.

London Southend Airport is owned by the Stobart Group, and every single Eddie Stobart vehicle is identified by a unique girl's name – and the fleet of vehicles at London Southend Airport is no exception.

Star App



Google Maps According to 2013 data, Google Maps is the most-used smartphone app in the world.

The standby for business execs hunting their hotel has been accessed by 54% of smartphones. Facebook and YouTube come next.

Cathay Pacific to serve fine food

AVIATION Cathay Pacific has teamed up with The Langham for an inflight menu which features dishes inspired by the Hong Kong hotel's T'ang Court. First, business and premium economy customers will be served the menu.

How the Bank chooses characters for notes

YOUR MONEY

Jane Austen is to replace Charles Darwin on the £10 note, joining nurse Florence Nightingale and prison reformer Elizabeth Fry as the third women to appear on a banknote since historical figures began featuring on paper money in the 1970s.

So how are historic characters currently selected to appear on banknotes?

The criteria include looking at whether the person has made a universally recognised and lasting contribution, whether they are a household name and ensuring that the choice is not controversial.

The Governor takes the final



decision on the advice of Bank officials, although members of the public have a say in the early stages, and are invited to submit suggestions.

Some of the names previously put forward by members of the public for the Bank's consideration conjure up some interesting mental images of what future banknotes might

look like. A list of suggestions put forward by members of the public on the Bank's website, which is regularly updated, includes Robbie Williams, David Beckham, Sir Mick Jagger, Stephen Hawking, Audrey Hepburn, Sir David Attenborough, Oscar Wilde, George Orwell, Beatrix Potter, the Bronte sisters and Katie Price.

The Bank says it welcomes all suggestions as they inform its decision-making process.

Characters do not have to be dead but it helps – as the "lasting contribution" requirement means that living candidates are less likely to make it onto a note.

The Bank also reserves the right not to include suggestions, in

particular if these are "made up" fictional characters or names which the Bank considers may cause offence.

The Bank says on its website: "We know that the public have great pride in Bank of England banknotes and that there is much interest in the characters that are featured. We therefore plan to continue to feature characters on our notes."

"In doing so we will continue to be mindful of the need to ensure that our notes represent a diverse range of characters, both now and in the longer term."

Members of the public can make suggestions by emailing banknote-characters@bankofengland.co.uk

Victoria Shaw

the Road

ROAD TEST

Tough Forester is right tool for job

Enda Mullen
The Wharf

If you look back through rose-tinted spectacles to the time when we had 4x4s rather than SUVs, the latest Subaru Forester will probably come as a breath of fresh air.

The model might be new but it is very much an evolution of a purposeful workhorse that has been around in some form or other for 16 years.

While the latest version doesn't look radically different to its predecessor it does raise the bar in many respects.

First impressions are that it's considerably bigger and sits far higher.

In reality it's just a couple of millimetres taller, 15mm wider and 35mm longer but those modest enlargements all round make a real difference.

The cabin feels more open, rear seat passengers are better catered for and it boasts a larger boot (505 litres).

One of the most noticeable developments is an interior which finally

seems to have caught up with the 21st century. About time for a car that costs £24,995.

The traditional strength of the Subaru brand has been creating well-engineered, capable and sporty four-wheel-drive cars and this is no exception.

The 2.0-litre diesel engine is the only one that makes sense in terms of running costs but for those who don't need to worry about fuel bills the allure of the 2.0 XT is hard to resist.

This features a 237bhp turbo-charged petrol engine that promises something more in line with a traditional souped-up Impreza.

What it lacks in terms of sophistication this model more than makes up for in raw and rugged appeal and its continuing ability to do just what it says on the tin.

Our verdict

A no nonsense 4x4 that performs exactly as expected

★★★★☆



More workhorse than luxury SUV the latest Subaru Forester is a solid practical option for country dwellers



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The mpg figures quoted are sourced from official EU-regulated test results obtained through laboratory testing. These are provided for comparability purposes only and may not reflect your actual driving results.

Retail sales only, subject to vehicle availability for vehicles registered between 01.07.2013 and 30.09.2013 at participating dealers. T&C apply. *0% finance available on all Mazda2, Mazda3 and Mazda MX-5 models. Examples shown: Mazda2 1.3 Sdr TS Air Con, £169 per month with an Optional Final Payment of £3,402. Mazda3 1.6 Sdr Tamura, £249 per month with an Optional Final Payment of £4,583 and Mazda MX-5 1.8i SE Air Con, £255 per month with Optional Final Payment of £4,964 are based on 9,000 miles per annum over 42 months on Mazda Personal Contract Purchase and include dealer contribution. At the end of the agreement there are 3 options: (i) Renew: Part exchange the vehicle, where equity is available, (ii) Retain: Pay the Optional Final Payment to own the vehicle or (iii) Return the vehicle. Further charges may be made subject to the condition of the vehicle. Finance subject to status, 18s or over. Guarantee/Indemnity may be required. Mazda Financial Services RH1 ISR. Models shown: Mazda2 1.3 Sdr TS Air Con, OTR from £10,995. Mazda3 1.6 Sdr Tamura, OTR from £15,995. Mazda MX-5 1.8i SE Air Con, OTR from £17,745 including a £750 saving. Mazda MX-5 model shown features optional Mica paint (£500). Mazda3 model shown features optional Pearlescent paint (£500). OTR price includes VAT, number plates, delivery, 12 months' road fund licence, first registration fee, 3 year or 60,000 mile warranty and 3 years' European roadside assistance. Details correct at time of going to print. Test drives subject to applicant status and availability. Not available in conjunction with any other offer unless specified. We can introduce you to a limited number of carefully selected finance providers. We may receive a commission from them for the introduction.

LondonEYE



SUZANNE PLUNKETT



SAND SLAM Competitors from Incentive FM Group, left, and Jones Lang LaSalle play in a Beach Rugby tournament in Covent Garden. The two-day tournament featured competitors from the corporate sector and traditional rugby clubs and was held to raise funds for Restart, the official charity of the Rugby Players' Association.

JAN KRUGER



CROSSING THE LINE

Referee Anthony Taylor displays a ball and a referee's watch during the Goal Decision System (GDS) presentation at the Emirates Stadium. A text message saying "goal" sent to the referee's watch will end disputes over whether the ball has crossed the line in the English Premier League this season. The Premier League will become the first domestic competition to adopt the camera-based technology.

ANDREW WINNING



OLD BONES An archaeologist digs out skeletons from the site of the graveyard of the Bethlehem, or Bedlam, hospital next to Liverpool Street Station. The dig is on the site of the future ticket hall for the Crossrail station. Archaeologists have a window of time to dig through parts of London's first municipal graveyard from the 16 and 17th century; and through to the Roman ruins beneath.

SUZANNE PLUNKETT



SAND FAMILY A boy looks at a sand sculpture by artists Nicola Wood and Susanne Ruseler, depicting the Duke and Duchess of Cambridge and baby Prince George. The 4m sculpture took four days to carve and used 15 tonnes of sand.

LUKE MACGREGOR



BLANK MESSAGE A visitor looks at artwork, covered with Post-it notes, by Tom Levy at an exhibition called cARTographies, in Trafalgar Square. When it ends eight visitors will be offered the chance to buy one of the pieces for £8.

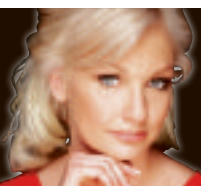
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Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

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Surrender your feelings and lay your cards on the table. You've spent far too long treading water and it's time to start making some really big waves.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Don't ask others to do what you wouldn't. It is double standards Pisces and it's casting you in an arrogant role. Happy times come from an old crowd.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Your silence about a matter that has affected several lives is only leading you to look like the guilty party. Use today's healing vibe to talk to some enemies.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Last minute arrangements are your best bet for fun. Sticking to the norm won't put you in the path of the kind of people your stars have in mind for you.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Children need your help and guidance, but you must try to adapt to the kind of ages you are dealing with. Nerves make you unsure of yourself.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Teaching crosses over to your personal life and it may even be that you are willing to give up your individual time to get the results your students want.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Don't dismiss close ones' problems, or they may take your insincerity to heart. Listen to what they have to say. You don't have to give advice, but lend an ear.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

How long are you going to keep on giving cryptic messages to people in your life? Why don't you just say what you mean Virgo? It's really the best idea.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Don't follow another person's lead and do what they expect you to, but follow your own heart. It will lead you to all of the greatest pleasures.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Someone will be approaching you soon, or they may already have got in touch. They want you to work with them, but beware their overtures.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Manners are everything today, so try to think before you speak. You could end up losing the respect of an important friend if you're too blunt.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

You are who you are, so why keep trying to explain otherwise. Apologising to everyone is a waste of time and energy. Stand up and be proud of what you are.

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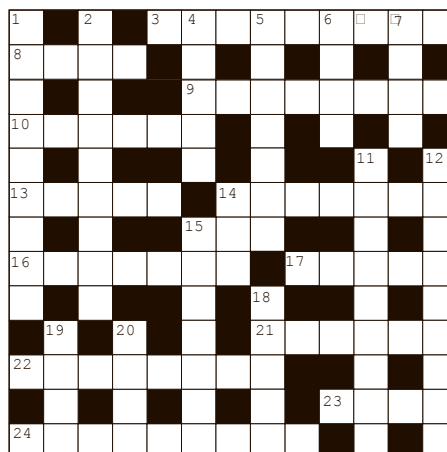
of the actress who appears in *Kick-Ass 2* and is pictured during a photo-call in London.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is August 22, 2013.

You must include your name and postal address.



Crossword



ACROSS

3. Shocking surprise (9)
8. Curved roof (4)
9. Gigantic (8)
10. Bursts out (6)
13. Browned bread (5)
14. Pistol case (7)
15. Faint (3)
16. Wicked or cruel (7)
17. Dark brown coffee (5)
21. Three-legged stand (6)
22. Shiner (5,3)
23. Scottish valley (4)
24. Required (9)

DOWN

1. Describing word (9)
2. Hospital vehicle (9)
4. Very fat (5)
5. Bloom (7)
6. Camel's protuberance (4)
7. Noisy (4)
11. Accumulated store (9)
12. Big dog (5,4)
14. Belonging to him (3)
15. Duke's wife (7)
18. Guide (5)
19. Run away (4)
20. Darts line (4)

ACROSS: 3. Bombshell; 8. Dome; 9. Enormous; 10. Erupts; 13. Toast; 14. Hoister; 15. Dim; 16. Vicious; 17. Mocha; 21. Tripod; 22. Black eye; 23. Glen; 24. Necessary. DOWN: 1. Adjective; 2. Ambulance; 4. Obese; 5. Blossom; 6. Hump; 7. Loud; 8. Curved; 9. Gigantic; 10. Burst; 11. Accumulated; 12. Big dog; 14. Belonging to him; 15. Duke's wife; 18. Guide; 19. Run away; 20. Darts line.

Sudoku

EASY

7	9			3	5	1		2
	4	1		9				7
	8	5	1	7	4	3	9	
8	5	3				4		
9	7			8	1	6	2	5
1	6			4			8	
6		7	9		8	5	3	4
4	2	8	7	5		9		
	3	9	4	1		2	7	8

HARD

	9	4	7	2			8	3
				8				
							9	7
	3		6		5	2	1	
		1						
							6	9
3			5		8			
		9						
	2	7		9	4			6

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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THE FANS' ROAR

By Ian Toal

Lomas has big job on to kick start season

Millwall Supporters Club
millwallsupportersclub.co.uk

If Steve Lomas didn't think he had a big job on at Millwall when he took over as manager in the summer, he must do now. He's got a huge task on to kick-start our season and get us away from the bottom end of the table.

It's only three games into the season, so we should not hit the panic button just yet, but, despite the squad and starting team looking stronger than last season, there are worrying similarities already.

Our forwards are failing to create sufficient chances and what little does come their way is not being put in the back of the net.

This, in turn, is putting pressure on our defence, who are making the odd mistake and that is getting punished by the opposition.

There are worrying similarities with last season

The midfield are not escaping the blame either as they are failing to create much for the forwards

and have been failing to impose themselves on the opposition. Importantly, the ball retention by the team as a whole is not good enough for a Championship side.

Despite Lomas talking about wanting players who are good on the ball, we still seem to be knocking it long and that clearly hasn't worked this season.

Lomas moved to address the problems of the midfield last week when he brought in 35-year-old QPR midfielder Shaun Derry on a month's loan.

His pairing with Nicky Bailey looks a lot stronger than any of the ones we fielded last season. But it was a difficult debut for the new man at Portman Road on Saturday as we went down 3-0 to Ipswich Town.

Although this was not a 3-0 defeat kind of a game, we were still well beaten as we failed in the key moments of the match. We missed chances when we were on top and then did not get the benefit of the key decisions. For the first goal they got a throw-in that should have been ours and then after that got away with a foul.

At the other end we had a good claim for a penalty turned down which could easily have been given on another day. But to score two own goals in one match takes some doing and summed up our day pretty well. Millwall v Huddersfield, Saturday, 3pm.

Dervite: a point will be enough

CHARLTON

A draw at Barnsley on Saturday will make the Addicks happy, says defender

Rob Virtue
@wharf.co.uk

French defender Dorian Dervite said a point at Barnsley on Saturday will be enough to make him and his Charlton teammates happy.

The Addicks have had a tough start to the season, losing the opening league match against Bournemouth, before succumbing to Middlesbrough 1-0 at The Valley on Saturday.

So Dervite just wants to get a point on the board in Yorkshire.

"We wanted to do well in front of the fans, and for us it was very important to get at least one point so it is very frustrating, but we must look forward now and think about the next game," said the 25-year-old former Spurs man.

"Even if it is 1-0 we will all be happy. As long as we come home with a win or a point then we will be happy."

"There is a good atmosphere still amongst the squad, the manager and his staff so, as I said, we are going to work hard in training this week and I'm sure that we'll be fine."

Dervite said the team, especially the late arrivals up front of Marvin Sordell and Simon Church will need time to bed in at Charlton.

He said the side should not worry



GETTY

Frenchman Dorian Dervite said the Addicks squad is in good spirits

about the opening results too much.

"We have got two new strikers and maybe up front they have to get used to playing together. It may take some time, but we are not worried. We will keep working hard and everything is going to be fine," he said.

"Every game we try to play for the win and in the next game we have to keep believing in each other, don't put our heads down and we'll be fine. We will definitely bounce back."

Barnsley v Charlton, Saturday, 3pm.

Win heads full line-up

BASKETBALL

GB BASKETBALL took on Puerto Rico, beating them 61-55 at the first sporting event since London 2012 at the Copper Box Arena on Sunday.

The afternoon of action was the start of an international line-up of sporting events at the arena.

Meanwhile, interest from local people in the Copper Box as a community facility is developing as 200 members signed up in the first week to the gym and exercise studios.

Operator GLL has a target of bringing in 1,500 members and 400,000 visits per year, with individual gym visits starting at just £3 for concessions.

Basketball courses start for 5-11 year-olds from August 19, and for 5-14 year-olds there are

multi-sport courses of volleyball, basketball and badminton from August 26.

Boxing promoter Frank Warren has agreed a six-fight deal with the Copper Box Arena, the first bout is scheduled for September 21. From October 1-6, the world's best badminton players will be there for the London Grand Prix. On September 7, the Olympic Park-wide National Paralympic Day will see the Copper Box Arena hosting a range of Paralympic sports.

The arena is also now the home-match and training base for the London Lions basketball team and the Great Dane handball club. All the teams' home matches will be played there.

The Lions kick off their 2013-14 season on September 27 at home against the Manchester Giants.



WIN

THE CHANCE TO BE A SPORTS JOURNALIST

For the Danone Nations Cup World Final at Wembley

BY DARREN LEWIS
darren.lewis@mirror.co.uk

IS SPORTS journalism all glitz and glamour? Or nose to the grindstone?

Your child could be set to find out as part of a fantastic competition with Danone backed by the Daily Mirror and 19 local newspapers in London and Surrey.

The Danone Nations Cup is the world's biggest international football tournament for 10-12 year olds.

Over 2.5 million children from 32 countries have been battling it out all year and now for the first time in its 14 year history the final is coming to the iconic Wembley Stadium.

And we are giving one lucky child, accompanied by a parent/guardian, access to Wembley Stadium for the day to cover the World Final.

The tournament showcases football's future stars who will have the chance to play in a series of competitive matches in front of footballing stars including Zinedine Zidane, Tom and Paul Ince.

The event is set to be an action packed family day out and will include a special performance from Britain's Got Talent winners, Diversity, interactive football games and a host of exciting activities designed to help budding players and kids of all ages learn how to 'Eat Like a Champ'.

Our competition winner will experience what it's like to be a real football journalist: in the thick of the action and filing live blogs to the Mirror's website from behind-the-scenes at Wembley throughout the day.

The lucky winner will also write an editorial piece on the World Final

and their match report will appear in the Mirror's Sports pages on Monday September 9. The article, which will feature the reporters name in print, will also appear in the 19 local newspapers that same week.

HOW TO ENTER

VISIT: danonenationscup.co.uk/footballreporter

► We're giving all budding reporters aged 10-17 the chance to warm up for the occasion. By choosing a game from the Premier League's big kick-off this weekend and writing a report on the match.

To enter, your child simply needs to write a report (max 200 words) on one of the Premier League games taking place on Sunday August 18:

- Crystal Palace v Tottenham (13:30 kick off)
- Chelsea v Hull (16:00 kick off)

Closing date for entries is midday Sunday August 25 2013. MATCH REPORT MUST BE YOUR CHILD'S OWN WORK.

The winning entry will be decided by the Daily Mirror Sports desk. If it is your child then they will be handed a magnificent first step onto the road to becoming a football reporter.



HOW TO GET TICKETS

- Tickets are only £5 and are on sale via Ticketmaster BUT readers can take advantage of a special 2-4-1 offer
- Simply go onto www.ticketmaster.co.uk enter Danone Nations Cup World Final 2013 in the search box. And enter the promo code CAPITAL when you place your order

TERMS Competition opens 15:00 Sunday August 18, 2013 and closes 12:00 midday Sunday August 25, 2013. Entry is open to UK residents aged 10-17 only. Children of employees of Danone, Trinity Mirror plc, their immediate families or their agents or anyone else connected with this competition are excluded from entering. Match reports must be entrant's own work. Entries must be submitted by the parent/guardian of the entrant and must include a statement signifying the parent's or guardian's express permission allowing the entrant to participate. Only one entry permitted per entrant. For full terms see the competition page on mirror.co.uk Promoter: Danone Limited, 3rd Floor International House, 7 High Street, Ealing, London W5 3DW which is solely responsible for the provision and fulfillment of the prize. Do not send entries to this address.

Sport

Wharf



GET THE POINT

Addicks defender has hopes of a draw **P55**

'Downing signing won't be the last'

WEST HAM

Manager Allardyce aiming to strengthen side further after mid-week capture

Rob.Virtue
@wharf.co.uk

West Ham manager Sam Allardyce is hoping to further bolster his squad before Saturday's curtain-raiser against Cardiff at the Boleyn.

The Hammers more than held their own in their first season back in the Premier League and Allardyce has shown his intention to build on that.

Andy Carroll secured a permanent move from Liverpool to east London over the summer and on Tuesday winger Stewart Downing followed.

The England international, who joined the Reds from Aston Villa for £20million in 2011, signed for the Hammers for an undisclosed fee.

The former Middlesbrough player said he was fit and raring to go. "I've played a decent few games for

Liverpool in pre-season, so there will be no problems on that front.

"It's all happened quickly, but I'm really excited and hoping to play a part on Saturday."

Another player who could be heading from Anfield to Upton Park is Raheem Sterling, whose odds to make a loan move have been slashed by bookmakers.

Striker Carlton Cole, who remains a free agent, left the club this summer, as did QPR-bound Gary O'Neil.

The departure of Cole has led Allardyce to continue his search for a replacement striker.

Juventus forward Fabio Quagliarella is reportedly on the manager's radar and the Italian international would be a coup for the club. Former Chelsea man Salomon Kalou is also being linked to the club, although West Brom are also interested.

Other signings for the Hammers this summer have included Spanish goalkeeper Adrian from Real Betis and Romania national team captain Razvan Rat from Shakhtar Donetsk.

Allardyce said of the full-back: "He's been playing Champions League football this year and at the highest level for many years. Shakhtar had offered him a very good contract, but

W Is Downing fit to play on Saturday?

"I've played a few games for Liverpool in pre-season, so there will be no problems on that front ... I'm hoping to play a part on Saturday."

Stuart Downing

his ambition was to come and try his abilities and skills in England.

"When you hear somebody speak so positively about that, then you know they've got the mental character that's needed to do well in this division."

Cardiff, promoted as champions in a tough second tier last year, are expected to include former Irons star Craig Bellamy.

The Bluebirds have been busy in the transfer market with key signings such as striker Andrew Cornelius from FC Copenhagen for £7.5million and young defender Steven Caulker from Tottenham.

Allardyce will be drumming into his players that Cardiff, managed by Malky Mackay, should not be underestimated.

West Ham v Cardiff City, Saturday, 3pm.



England winger Stuart Downing signed on Tuesday for an undisclosed fee



Players take on a vehicle

Millwall Rugby Club event raises £1,500

FUNDRAISING A Millwall Rugby Club open day earned £1,500 for charity last weekend.

The event saw those interested in joining take part in an eight-team touch rugby tournament.

Club chairperson Sarah McCabe said: "Millwall members, as usual, have worked hard and played hard."

"We have welcomed a great number of new members to the Millwall family and raised a wonderful amount of money for the club and Mission Motorsport."

"If Saturday is anything to go by the upcoming season is going to be fantastic."

Mission Motorsport helps injured servicemen. Money was raised through an auction and a raffle.



CYCLING Wounded soldiers aiming to raise a quarter of a million pounds from a mammoth cycle ride passed through Canary Wharf on Friday August 9. They travelled 2,000km across Britain, visiting all 20 Barclays Premier League grounds within 14 days. The team includes serving and former soldiers, three of who are amputees. The money raised will go to Help For Heroes and ABF The Soldiers' Charity.

WEEKEND FLUTTER

RACING

■ **Soft Falling Rain** will take all the beating in the Hungerford Stakes at Newbury on Saturday at 9-2. Mike De Kock's colt oozes class and was last seen winning the Godolphin Mile at Meydan in good style in March. He's reportedly thrived in recent work and it will be exciting to see him make his debut on these shores.

Ed Quigley

FOOTBALL

■ Paulo Di Canio has been given plenty of backing by the **Sunderland** board this summer and can start to repay them by presiding over an opening day victory at home to a weak Fulham side (take odds of 5-4). There is much more optimism among Blacks Cats fans and it promises to be a tough first game for the Cottagers, who often struggle on their travels.

Dan Childs

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PROPERTY

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Allotments
on-site help
buyers grow
their own

P16-17

Price rises
are down to
Help-To-Buy
scheme

P16

3

of the best
properties
available in
Docklands

P16



Add a pinch of style to dining outdoors

Trends and tips for making the most of the hot weather **Pages 18-19**

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Guide: £450,000

Westferry Circus, E14

Right by the entrance to the Canary Wharf estate this one-bedroom flat is close to the Four Seasons. Well appointed.

email4property.co.uk

Spend less



Guide: £290,000

Hind Grove, E14

A well-located four-bedroom maisonette close to the Wharf. Purpose built block with spacious layout.

email4property.co.uk



For more properties on sale now in London, go to stirlingackroyd.com

Values set to go straight up thanks to Help-To-Buy

LONDON house prices are set to rise further as a result of the Government's Help-To-Buy scheme, according to forecasts from Cluttons.

The property consultant suggests the value of property in greater London is set to grow by 6.9 per cent this year and at a rate of 3.2 per cent over the next five years, as the scheme is extended to all home buyers from next year bringing more financed homeowners into contention.

Sue Foxley, head of research at Cluttons said: "Improved consumer confidence, an easing in mortgage credit and the raft of government policy intervention measures to bolster new buyer demand will drive further capital growth.

"The prospect of rising base rates over the medium term proffers a further concern with the ratio of residential values to gross earnings already over seven in London.

"With few signs of a dramatic increase in supply that would have the potential to change the balance of this equation, the rental market will inevitably move up the agenda for London's households and policy makers."

The consequence of the price hike will push ownership in and around London out of reach of yet more households."

Even in London where earnings tend to grow slightly faster than elsewhere, it is unlikely average income will keep pace with house price growth over the next two years.

Credit ratings agency Fitch has also warned Help-To-Buy could artificially push up house prices without increasing the number of homes built.

The upturn in prices has caused a return of bidding wars in the capital which has lowered the capacity of first time buyers to enter the market.

Kay Lockett

Sainsbury's to serve flats

RESIDENTS at a new development in east Greenwich will have a supermarket on their doorstep.

Sainsbury's Local has been confirmed as the first commercial let for Greenwich Square – a £225million mixed use scheme by Hadley Mace.

The retailer has put pen to paper for the largest 4,500sq ft unit with a lease starting next year.

Launched in April, Greenwich Square comprises 645 new homes with more than 35,500sq ft of ground floor commercial space.

Set around a large open public square, the space is designed to create a central "social hub" of cafes and restaurants.

Go to greenwichsquare-london.com.

Beth Allcock



Grow your own at on-site facility

New allotments are unveiled for the residents of Canning Town development

Beth Allcock
@wharf.co.uk

Rooftops in Canning Town are set to bloom with flowers and fresh produce after 35 allotments were planted for green-fingered residents to rent.

Cabbages, carrots, beetroot and runner beans are just some of the vegetables expected to be seen sprouting at Vermilion, after developer English Cities forged a partnership with the Canning Town Caravanserai.

The plots, each measuring three sq m, consist of a raised timber planter with a secure storage box for tools and are available for £150 a year.

A show plot planted by Caravanserai members Amy Rene and Jessica Segree is bursting at the seams with inspiration to show how residents can get the most from their urban garden.

Pauline Sangster, residential sales and marketing manager for English Cities Fund, said: "The allotments are a great addition to the development for residents who have or want to develop their gardening skills.

"Not only does it mean people can



Members of the team behind the project celebrate its launch

grow their own veg, salad and even flowers, but it is also a healthy and relaxing activity.

"It is quite unusual for a residential scheme to have on-site allotments and large green spaces, let alone a development so close to Canary Wharf, so we're expecting high demand for plots."

Within Newham there is currently a waiting list of more than 10 years for an allotment patch, with more than 1,400 people keen for a green space to call their own.

Vermilion's plots are environmentally-friendly, with the raised beds fed with rainwater harvested from the roof of the building.

If they produce a successful crop, residents can also cut down on their food miles and shopping bills.

Lizzie Bowen, 62, moved to Vermilion three weeks ago and hopes to secure a plot.

She said: "We've come from a house with a big garden and I would like somewhere to grow something of my own."

The homes have been given a facelift with new kitchens, bathrooms and decoration



Live in an ex-MOD property in rural Cambridgeshire

Rob.Virtue
@wharf.co.uk

FORMERLY owned by the Ministry of Defence, which used it as quarters for married soldiers, these properties in a green and rural location are now going on the open market.

The Haling Place development at Waterbeach in Cambridgeshire offers countryside life within commuting distance of the Wharf.

Annington Homes is making properties available to rent this month and others will go on the sales market in October.

Angela Walsh, head of sales and marketing at Annington, said: "We are pleased to offer a range of houses and apartments that suit both purchasers and tenants at Haling Place.

"Its village location, good schools and commuter connections make the development ideal for families,

couples and first-time buyers and, as a result, we have already received a high level of enquiries."

The properties have been undergoing both external and internal refurbishment with new kitchens and bathrooms.

Plus points of the area include a nearby towpath and being on the National Cycle Network.

Amenities include a high street close by, shops, cafes, pubs, a library and a brewery, while Cambridge is just six miles away.

Waterbeach Community School recently achieved an outstanding rating from Ofsted, while The Manor Foundation School, a secondary comprehensive was rated "good".

Two, three and four-bedroom homes are available. Prices are yet to be announced.

Register your interest for the development at annington.co.uk.



Getting bags of space in your kitchen

In the third and final part of our series looking at maximising storage, we turn our attention to kitchens.

Here are some invaluable tips that I'd like to share with you for making the most of the space in your small kitchen, no matter how tiny it may be.

Always install full height cabinets – don't waste that precious space between the cabinet and the ceiling.

Remove pendant lighting as recessed lighting will make the ceiling seem higher.

Good use of under-unit lighting makes it possible to use dark work surfaces without giving them a closed-in look and feel. Light-coloured walls and cabinets open up a space.

Using the same flooring in the kitchen as the other rooms in your home helps streamline



Make the most of your kitchen with full height units for storage

your space and makes it appear larger. A built-in microwave, or an under the cabinet microwave frees up valuable work space.

Roll out shelves double usable space and can be fitted to fill awkward corners.

Store baking pans inside your oven. Why take up cabinet space with roasting pans, cake tins and loaf tins when you can store them this way?

Hang pans from a rack suspended from the ceiling. If your kitchen has a window sill, use it. Hang a wire mesh basket from the ceiling to hold fruit and vegetables.

If you want a table in your kitchen but you are really short on space, try a folding one. You can simply fold it away to create more space.

If in doubt, throw caution to the wind and create an open plan living space. Make sure you consult a specialist when it comes to knocking down walls though or you could end up with your neighbours joining you without an invitation.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.

Jessica Segree, left, from Canning Town Caravanserai and Vermilion resident Lizzie Bowen get planting





Above, Regatta products from £2, including beach sign, £6, red picnic tin, £12 and rug, £8, Sainsbury's

Right, another serving suggestion from *A Perfect Day For A Picnic* by Tori Finch



Why getting out of the house is a summer essential

Eating outdoors is mandatory for the season so **Gabrielle Fagan** airs ideas on stylish dining

There's something truly heroic about eating outdoors in Britain, as we either dodge the raindrops, battle against the odds to stop sandwiches curling and ice cream melting, or wave away the wasps.

Although it's definitely not a venture for the faint-hearted, the rewards are great – after all, who doesn't have fond memories of lazy days picnicking or sultry evenings dining under a starry night sky?

Small wonder then our appetite for al fresco is increasing.

Celebrity event planner Steven Duggan said: "Generally, people are becoming much more keen to live outdoors and really enjoy entertaining there."

"It's part of the whole home trend for blurring the boundaries between the indoors and outdoors."

"A meal is somehow more special if it's eaten outdoors and there's a realisation that being creative about the whole setting – paying attention to details from the table decoration to the lighting – makes it even more so."

"It's quite common now to see chandeliers or lanterns hung from trees, elaborate centrepieces on tables using glass and flowers, and a theme such as a colour or style."

Sir Elton John, Adele and Leona Lewis are just a few of the many celebrity clients Duggan has created events for, but he doesn't believe a big budget is essential.

"Being imaginative is far more key. For instance, if a table's too small for

W Why should we eat al fresco?

"A meal is somehow more special if it's eaten outdoors and there's a realisation that being creative about the whole setting makes it even more so."

a large gathering, get creative and use an old door on trestles," he said.

"It can be easily dressed with a white sheet and decorated with jam jars or milk bottles filled with freshly-picked wild flowers."

"The trend is an organic, back-to-basics look, where soft shades such as mustard and olive green feature as colour themes."

"Look out for stronger colour and vintage or kitsch patterns later in the summer."

Duggan suggests turning the



Picnic basket, £16, pitcher with four glasses, £10, bottle, £3.50, sets of four bowls, £6, tumblers, £8, melamine bowls, £9, Waitrose

GEORGIA GLYNN-SMITH



Setting idea from *A Perfect Day For A Picnic* by Tori Finch, priced £16.99
Inset white lantern, £1, Poundland



Whitby check tablecloth, £19.60, Southsea placemats, £15 for four, and Southsea crockery from £8, Laura Ashley

centre of a table into a focal point by arranging a line of small glass vases, filled with anything from hydrangeas to buttercups, interspersed with tea lights in pretty containers.

"Add decadent detail with gold or silver-rimmed crockery and glassware," he said. "Have a large candelabra or a string of outdoor lights draped along the table, and the effect will be magical."

To spark your imagination here are a few themes for dining outdoors:

■ Vintage garden party

This classic but simple setting needs only a few ingredients – colourful fabric, a collection of pretty china and blooms picked from the garden.

Marketing manager at Hobbycraft

Jan Goodchild said: "Buy or make bunting – strips of patterned fabric tied onto a string line work well – and drape it around a garden or along a fence to make the garden look extra pretty."

"If you're planning a more intimate gathering, glass painted tea light votives or candles made using old tea cups and saucers as containers, together with a table runner or cloth made from a soft chintz pattern fabric, will help create a more vintage look."

"As always, it's often a few finishing touches that can make an occasion memorable."

■ Get the look – No-one does English tea party better than Laura Ashley. For the table, a set of three flower-shaped

melamine dishes, from £12, a set of six butterfly tea lights, £5 a hanging butterfly tea light holder, from £15. should do the trick.

Go to hobbycraft.co.uk.

■ Bohemian picnic

Moroccan style, known for its intricate patterns and jewel-rich colours, is fashionable in homes and works beautifully outdoors.

Tori Finch, author of *A Perfect Day For A Picnic* (Ryland Peters and Small, £16.99), said: "The heady night bazaars of North Africa and the Middle East inspire this look."

"To create the scene, hang Moroccan lanterns or patterned sari fabric from trees, or dot them around a ground rug – a Persian style one if you have

it, or a large coloured tablecloth works just as well. Indian bunting looks very pretty, as do large cushions or pouffes to recline on.

"Beautiful earthenware pots and tagines make effective serving bowls for the delicious feast. Serve mint tea in pretty coloured tea glasses resting on a silver tray."

■ Get the look – Set the scene with a set of six vividly-coloured Medina tea light holders, £14.95, Dotcomgiftshop.

Source sari fabrics from markets or specialist websites and add atmospheric lighting with Moroccan-style solar metal star string lights, £15, available online and in stores, and selvedge outdoor lanterns, £25 each, in stores only, Sainsbury's.

Low-level seating is a feature of this decadent laid-back style and Graham and Green has a selection of Moroccan leather pouffes, from £139 each.

■ Beach barbecue

Lazy days by the beach call for al fresco meals, but even if you're far from the seashore you can still enjoy a coastal-style feast.

Clare Barton at Sainsbury's said: "As a nation we're becoming more adventurous with dining outdoors and there's a big trend for the garden becoming an extra room in which to entertain and relax."

"Whatever the weather, the great British barbecue is a summer essential – perfect for a coastal or country setting.

"One of the first decisions to make is whether to cook on gas or charcoal, and this ultimately boils down to budget and personal preference."

"Supporters of gas swear by its ease and fuss-free approach, while charcoal barbecues offer authentic results at a minimal cost. Should you wish to be more creative with your cooking, look to incorporate smoking boxes to infuse food with a subtle smoked flavour, or barbecue planks, which give food a uniquely woody, tender and aromatic taste."

■ Get the look – Blue and white is a classic combination and instantly evokes the freshness of a seaside setting.

Laura Ashley's Whitby Check dining accessories collection includes a tablecloth, from £19.60, and seat pad, from £20 each.

Red and white feature in Sainsbury's Regatta tableware collection, from £2, a beach sign, £6, and a red picnic tin, £12 (available in stores only).

Even if you missed 'the big one', flaunt a great catch with shellfish-decorated serving and salad bowls, from £24.95 each, Richard Bramble.

Don't worry about sea breezes blowing out your candles – LED and battery lights are the answer. White colour changing LED lantern, £1, Poundland.

Finally, make transporting food easy with a colourful and lightweight outdoors woven picnic basket, £16, Waitrose.



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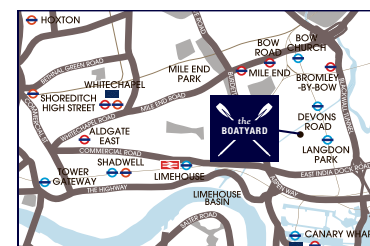
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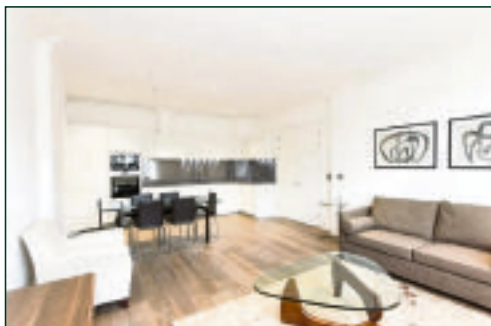
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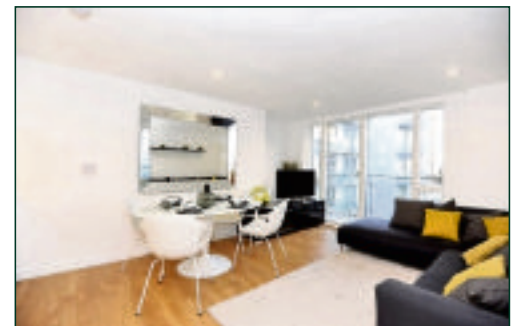
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Canary Wharf office

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Email nikki.hamersley@wharf.co.uk or call 020 7293 2247 for bookings and more information



Tickets include a drinks reception in association with
Gaucho + three course dinner + wine and cocktails + evening
entertainment at the Hilton London Canary Wharf on May 8

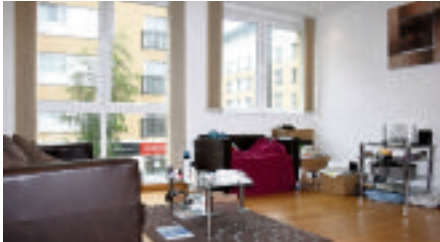
GAUCHO

the **Wharf** May 8, 2014 **PROPERTY
AWARDS**

in association with **Gawor & Co**
Solicitors

ASHLEY KING

ESTATE & LETTING AGENTS



Helion Court E14 **£300 per week**

- One Bedroom Apartment
- One Bathroom
- Ideal Location
- Modern Finishes
- Secure Entry
- Close to Transport Links



Antilles Court E14 **£360 per week**

- One Bedroom Apartment
- One Bathroom
- Direct Dock Views
- Newly Refurbished
- Close to amenities
- Modern Interior



Peninsula Court E14 **£375 per week**

- One Bedroom Apartment
- One Bathroom
- Third Floor
- Contemporary Living
- Fully Furnished
- Ideal Location



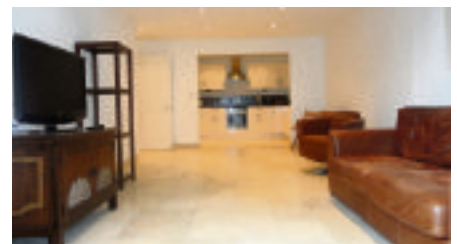
Horizon Building E14 **£440 per week**

- Two Bedroom Apartment
- Two Bathrooms
- Private Balcony
- Secure Parking
- 24 Hour Concierge
- Second Floor



Orion Point E14 **£425 per week**

- Two Bedroom Apartment
- Two Bathrooms
- Leisure Facilities
- Private Balcony
- 24 Hour Concierge
- Stunning River Views



Millharbour E14 **£440 per week**

- Two Bedroom Apartment
- Two Bedrooms
- Private Balcony
- Modern finishes
- 24 Hour Concierge
- Fully Furnished



New Providence Wharf E14 **£269,888**

- Studio Apartment
- Thirtieth Floor
- Separate Kitchen
- Contemporary Fixtures
- Leisure Facilities
- 24 Hrs Concierge



Oceans Wharf E14 **£279,888**

- One Bedroom
- One Bathroom
- Second Floor
- 700 Sq Feet
- Gated Development
- Walking Distance To C/Wharf



Ontario Tower E14 **£279,888**

- Studio Suite Apartment
- Seventeenth Floor
- Leisure Facilities
- 24Hrs Concierge
- Ideal Investment
- Must Be Seen



Docklands Court E14 **£320,000**

- Two bedrooms
- One Bathroom
- Private Balcony
- Triple Glazed
- Long Lease
- Close To DLR Station



Ability Place E14 **£364,888**

- One Bedroom Apartment
- Thirteenth Floor
- Two Private Balconies
- Canary Wharf Views
- 24 hrs Concierge Service
- Gym Facilities



Discovery Dock E14 **£594,888**

- Two Bedroom Apartment
- 880 Sq Feet
- South Facing
- Private Balcony
- Allocated Parking
- 24Hrs Concierge

www.AshleyKingUk.com Docklands@AshleyKingUk.com
5 Harbour Exchange Square, Marsh Wall, London E14 9GE

020 7190 3300



lines open 8am - 12am



020 7510 1050



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LETTINGS



The Pulse, NW9

- A furnished studio/one bedroom apartments
 - Open plan fitted kitchen, lift & communal gardens
 - Short walking distance to Colindale tube station
- £210 p/w** **Call 020 7510 1050**



Evelyn Court, BR2

- A one bed apartment on 4th floor
 - Spacious hallway with storage, modern fitted kitchen, lift, parking space
 - Close to the Glades shopping centre & Bromley South station
- £235 p/w** **Call 020 7510 1050**



Kara Court, Caspian Wharf, E3

- One bedroom apartment on 1st floor, private wood decked balcony
 - Wooded flooring to living areas with carpet to bedroom, under flooring heating & concierge
 - Close to Devons Road DLR station
- £290 p/w** **Call 020 7510 1050**



Sapphire Court, E1

- A one bed apartment on the raised ground floor
 - Fully fitted kitchen, GCH, communal garden & secure parking
 - Close to Tower Hill, City & local amenities
- £325 p/w** **Call 020 7510 1050**



Baltimore Wharf, E14

- Luxury Studio Apartment situated on 6th floor
 - Private balcony, modern fully fitted kitchen, Marble flooring & lift
 - Moments away from Canary Wharf
- £330 p/w** **Call 020 7510 1050**



Bridges Wharf, SW11

- A selection of furnished one / work and live unit apartments
 - Fully fitted high spec kitchens, wood flooring to the reception room & hallway, balcony with river view, 24 hours concierge & underground parking
 - Easy access to Sloane Square & Kings Road
- From £355 p/w** **Call 020 7510 1050**



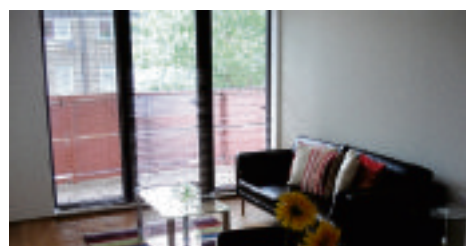
Millharbour, E14

- A furnished two beds apartment
 - Fully fitted kitchen, wood strip flooring, balcony, lift & concierge
 - Easy access to Canary Wharf & South Quay DLR Station
- £375 p/w** **Call 020 7510 1050**



Draycott Place, SW3

- A selection of studio apartments for rent in Draycott Place
 - Fully furnished, fitted kitchenettes, entry phone system, GCH & lift
 - Off Sloane Square & behind the world famous Kings Road
- £380 p/w inclusive of bills** **Call 020 7510 1050**



Ink Buidling, W10

- A selection of two beds/ two baths apartments
 - Wood laminate flooring throughout living area, modern fully fitted kitchen, 24hrs concierge & secure parking
 - Closed to Ladbroke Grove Station
- From £460 p/w** **Call 020 7510 1050**



Claremont Heights, N1

- A two double bedroom apartment on 1st floor
 - Fully fitted kitchen, secure parking & porter facilities
 - Minute walk to Angel Underground
- £520 p/w** **Call 020 7510 1050**



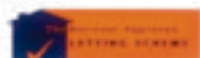
The One, Porchester Road

- Contemporary 2 bedrooms 2 bath Luxury apartment on 3rd floor
 - Modern appliances & refined interior décors, wood flooring throughout, luxury & modern bathrooms
 - Walking distance to Bayswater & Queensway Stations
- £595 p/w** **Call 020 7510 1050**



The Westminster, SW1

- A selection of 2 beds apartments in the heart of London
 - Wooden flooring throughout living area, modern fully fitted open planned kitchen, under floor heating, lift & secure underground parking
 - Close to Westminster and St James Park Station
- From £1,000 p/w** **Call 020 7510 1050**



Vantage Properties & Management Ltd 卓越物業管理有限公司

24 Skylines, Limeharbour, London E14 9TS

email: london@vantage-uk.com web: www.vantage-uk.com



Docklands office

429 Westferry Road, London E14 3AN

e docklands@hollandproperties.co.uk

t 020 7538 5554

Surrey Quays office

192 Lower Road, Surrey Quays, London SE16 2UN

e surreyquays@hollandproperties.co.uk

t 020 7231 8160

**Plate House, E14**

- Luxury one bedroom apartment
- Mezzanine bedroom
- 24 hour concierge
- Leisure facilities

- Private balcony
- Walking distance to DLR

£300 p/w**Chapel House Street, E14**

- Three bedrooms
- Garden

- Available late September
- Terraced house

- Popular location
- Walking distance to Mudchute DLR

£420 p/w**Pan Peninsula, E14**

- Luxury one bedroom apartment
- Fifteenth floor
- 24 hour concierge
- On site gym, spa, bar & cinema

- Breath-taking views
- Walking distance to Canary Wharf

£440 p/w**West India Quay, E14**

- One bedroom apartment
- Parking

- 24 hour concierge
- Fifteenth floor

- Furnished
- Ideal Canary Wharf location

£460 p/w**Telegraph Place, E14**

- Four bedroom house
- Offered furnished
- Large garden
- Parking

- Modern condition with laminate floors
- Short walk to Mudchute DLR

£550 p/w**Landmark Tower East, E14**

- Stunning penthouse apartment
- Balcony

- Private residents gym
- Three bedrooms

- 24 hour concierge
- Moments from Canary Wharf

£1,250 p/w**RESIDENTIAL AND COMMERCIAL PROPERTY CONSULTANTS****www.hollandproperties.co.uk**

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Lanterns Court · Cobalt Point E14

One Bedroom Apartment | Available Now | Fully Furnished | Near Multiple Transport Links | On site Gymnasium | Parking Available by separate negotiation

£ 280 p/w



Canary Central · Lowry House E14

1 bedroom, 1 bathroom Apartment | Available Now | Balcony | Fully Equipped Gymnasium\ Jacuzzi\ Sauna

£ 340 p/w



Lanterns Court · Denison House E14

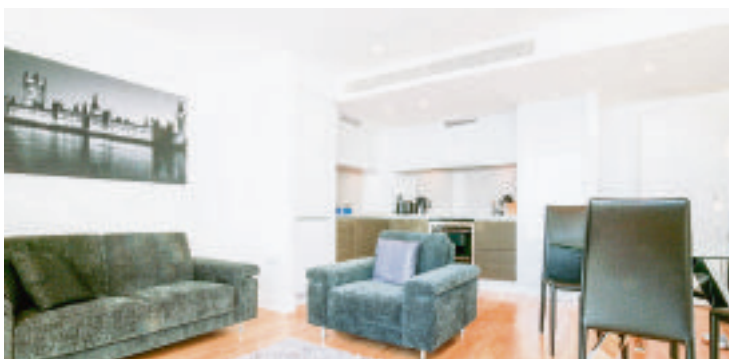
A large 1 bedroom apartment with southerly views located on the seventh floor in the popular Lanterns Court development a stones throw from Canary Wharf. comprising 1 large double room, generous entrance hallway and modern open plan kitchen reception room leading to the balcony. The property has the added benefit of coming with an underground parking space. Early viewing is highly recommended, Long Leasehold. **Asking Price £ 360,000.00**



The Landmark · West Tower E14

This particular apartment is positioned on the 8th floor and features floor to ceiling windows from both the bedroom and reception rooms providing serene and relaxing views onto the neighbouring docks and foot bridges leading into Canary Wharf, benefits ample storage, and is equipped with a fully integrated kitchen.

Asking Price £ 360,000.00



The Landmark · East Tower E14

1 bedroom, 1 bathroom apartment | available Now | Near Heron Quay DLR| Walking distance to Canary Wharf | Allocated Parking

£ 375 p/w



Streamlight Tower · E14

Stunning 2 bedroom, 2 bathroom apartment | available Now | Close to Blackwall DLR

£ 470 p/w



Estate Agents | Land & Development Consultants

Featured Property



The Heron, EC2Y

This stunning north and west-facing two bedroom, two bathroom apartment on the 29th floor of The Heron, one of the City of London's most luxurious and iconic residential complexes; recently voted Best High Rise at the UK Property Awards 2010.

The apartment offers a spacious living/dining room with hi-specification open-plan kitchen, two double bedrooms and two bathrooms. Having been beautifully designed with contemporary appliances and materials throughout.

With solid wooden flooring or tiled porcelain flooring, luxurious kitchen with Miele appliances and bathroom/en-suites finished with ceramic porcelain flooring and pearlised mosaic walls. This particular unit has also been finished with the very desirable combination of a light finish master bathroom and a dark finish en-suite.

For the ultimate experience in contemporary living, the apartment boasts the latest in smart-home technology, allowing you to control lighting, heating, cooling and music effortlessly via a touch screen display.

Each resident has membership to The Heron's private club and roof garden, which promises to be a truly inviting environment for residents and their guests to socialise, relax, work and play. The club floor will include a stylish bar with café dining, a screening room to watch special events and the latest movies on DVD, and a private dining / meeting room with conferencing and business facilities. A private gym with facilities for personal training will also be available.

The lower floors of the building houses state of the art facilities for the world renowned and critically acclaimed Guildhall School for the Arts & Music.

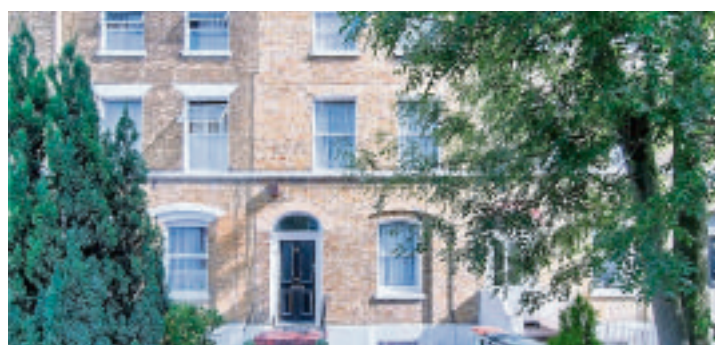
The Heron will of course be offered with 24hr concierge who will be able to arrange for the provision of housekeeping, car services, dry cleaning to name a few. This particular unit comes with one secure and allocated parking space operated by valet. **£1,599,995**



UNDER OFFER

Papermill Wharf, E14

- £529,995
- Two bedroom apartment
- Located on Narrow Street
- Secure Parking
- 24hr concierge
- Chain free



Romford Road, E15

- £1,200,000
- Grade II Listed
- Georgian Townhouse
- Wealth of Original Features
- Off-street parking
- South facing 110ft garden



NEW INSTRUCTION

Pan Peninsula, E14

- £314,995
- Studio suite
- Favoured North aspect
- 30th floor
- 24hr Concierge
- Facilities & private cinema



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AND PARTNERS



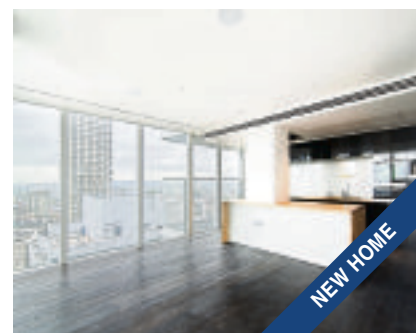
The Heron, EC2Y

- £650 Per Week
- Prestigious Development
- 24 Hour Concierge
- One Bedroom
- Leisure Facilities
- Available Now



Pan Peninsula, E14

- £335 Per Week
- Studio Apartment
- Leisure Facilities
- 24 Hour Concierge
- 15th Floor
- Available Sept 2013



The Heron, EC2Y

- £1,750 Per Week
- Three Bedrooms
- Stunning Views
- Prestigious Development
- 24 Hour Concierge
- Available Now



Aegon House, E14

- £330 Per Week
- Fully Furnished
- Underground Parking
- One Bedroom
- Eighth Floor
- Available Sept 2013



Nova Building, E14

- £410 Per Week
- Two Bedrooms
- Stunning River Views
- Secure Parking
- Concierge Service
- Available Sept 2013

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info@alanselby.co.uk
www.alanselby.co.uk





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The Panoramic, E14

£275pw

- Brand New Development
- One Bedroom, Balcony
- Gym and Concierge
- Landgong Park DLR

EPC-TBC



New Festival Quarter, E14

£300pw

- One Bedroom
- 10th Floor, Panoramic Views
- High Specification
- Langdon Park DLR

EPC-B



Landmark East, E14

£340pw

- One Bedroom
- Luxury Apartment
- 24hr Concierge & Gym
- Heron Quays DLR

EPC-B



Matchmakers Wharf, E9

£370pw

- Two Bed, Two Bath
- Large Balcony
- Gym & 24hr Concierge
- Homerton Station

EPC-B



Hamilton House, E14

£420pw

- Two Bed, Two Bath
- Balcony, Parking
- 24hr Concierge & Gym
- Limehouse DLR

EPC-C

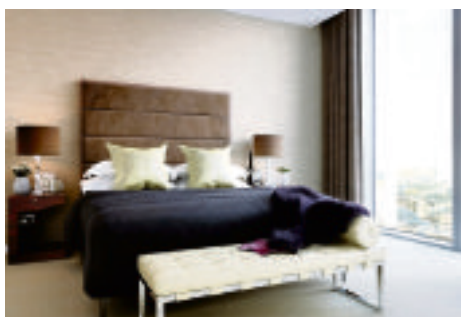


Landmark East, E14

£575pw

- Apartment
- Two Bed, Two Bath
- 24hr Concierge & Gym
- Heron Quays DLR

EPC-B



The Heron, EC2

From £650 pw

- Brand New One Bedroom Apartments
- Comfort Cooling And Smart Home Technology
- Floors 7-30 With Stunning Views
- Fully furnished

EPC-TBC



Canary Riverside, E14

£700pw

- Two Bed, Two Bath
- Balcony, Parking
- 24hr Concierge
- Canary Wharf DLR

EPC-C



The Heron, EC2

From £1500pw

- Luxury Three Bedroom Apartments
- High Specification
- Located In The Heart Of The City
- 24hr Concierge And Leisure Facilities

EPC-TBC



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SpacE1, E1

£250,000 L/H

- Brand New Studio
- Balcony
- 24hr Concierge & Gym
- Tower Gateway DLR

EPC - B



Unex Tower, E15

£295,000 L/H

- Off Plan Opportunity
- One Bed Apartment
- 20th Floor, 714sqft
- Cash Investors Only

EPC - TBC



Baltimore Wharf, E14

£330,000 L/H

- Studio Suite
- 344sqft, 2nd Floor
- Dock Facing
- Crossharbour DLR

EPC - B



Baltimore Wharf, E14

£349,995 L/H

- One Bedroom
- Luxury Apartment
- Pretty Terrace
- Gym, Spa & 24hr Concierge

EPC - B



Anchorage Point, E14

£350,000 L/H

- One Bed, Large Balcony
- Stunning Views
- Allocated Parking
- Gym & Swimming Pool

EPC - D



Caspian Wharf, E3

£380,000 L/H

- Two Bed, Two Bath
- 4th Floor, Dual Aspect
- Allocated Parking
- Devons Road DLR

EPC - B



Lanterns Court, E14

From £392,000 L/H

- Selection Of Apartments
- Gym & Concierge
- South Quay DLR
- Short Walk To Canary Wharf

EPC - TBC



Marine Wharf, SE16

£450,000 L/H

- Two Bed, Two Bath
- Brand New Apartment
- Residents Parking
- Canada Water Jubilee

EPC - TBC



Anchorage Point, E14

£600,000 L/H

- Two Bed, Two Bath
- Large Balcony, Direct River Views
- Allocated Underground Parking
- 24hr Concierge, Gym & Pool

EPC - D

WE KNOW WHY PEOPLE LOVE LIVING IN CANARY WHARF
GREAT PLACES TO EAT AND DRINK, A MOMENT'S COMMUTE TO ONE OF
WORLD'S FINANCIAL POWERHOUSES, A FRESH BREEZE FROM THE RIVER
AND APARTMENTS WITH STUNNING VIEWS.

Unit 3c, South Quay Plaza,
185 Marsh Wall, Canary Wharf,
London, E14 9SH

Felicity J. Lord



PENINSULAR COURT, E14
£374,995

This beautifully presented apartment is spread over the top two floors of this well located private gated development. With well proportioned south facing rooms this contemporary styled apartment also comes with parking.

CANARY WHARF
0207 987 6776
Ref: FJL026903908
EPC - C



SOLD

BURRELLS WHARF, E14
£379,995

Sold in 2 days, similar properties required for waiting buyers. Exclusive fee's available for Burrell's Wharf residents. Call us for more information.

CANARY WHARF 0207 987 6776
Ref: FJL026904054 | EPC - C



INDECON SQUARE, E14
£599,995

This rare apartment comes with a spacious living room and three large double bedrooms. With a bright westerly aspect, this well presented 6th floor apartment also includes a secure car parking space. Indecon Square is within a few minutes walk to Canary Wharf and South Quay DLR.

CANARY WHARF 0207 987 6776
Ref: FJL026904157 | EPC - B



SOLD

BURRELLS WHARF, E14
£379,995

Sold in 2 days, similar properties required for waiting buyers. Exclusive fee's available for Burrell's Wharf residents. Call us for more information.

CANARY WHARF 0207 987 6776
Ref: FJL026904014 | EPC - C



SOLD

VIRGINIA QUAY, E14
£599,995

Virginia Quay residents, we have several buyers in proceedable positions looking for apartments within your development. Top prices being achieved, call us now

CANARY WHARF
0207 987 6776
Ref: FJL026903818
EPC - B



SOLD

ST DAVID'S SQUARE, E14
£489,995

We have recently sold this 3 bedroom apartment in St David's Square at the full asking price and have several buyers waiting for similar properties.

CANARY WHARF 0207 987 6776
Ref: FJL026904100 | EPC - C

BARNSDALE AVENUE, E14
£499,995

Sold in 1 day £20,000 over asking price. Similar required for waiting buyers. This immaculate three double bedroom family sized house comes with a lovely east facing garden and a useful integral garage. With well proportioned rooms and a contemporary interior this house is in perfect condition throughout.

CANARY WHARF
0207 987 6776
Ref: FJL026904143
EPC - C



SOLD



SOLD

LANDMARK TOWER, E14
£600,000

Do you own a property in Landmark Tower? Take our two week challenge to sell your property. Call now for more information about our exclusive selling fee.

CANARY WHARF 0207 987 6776
Ref: FJL026904125 | EPC - C



SOLD

FRANCIS CLOSE, E14
£419,995

Due to significant demand this lovely 3 bedroom house sold at £10,000 over its asking price. Do you have a house to sell? We have successfully sold more Freehold property than any of our competitors this year.

CANARY WHARF 0207 987 6776
Ref: FJL026904049 | EPC - C

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CHARACTERS ALL OF THEIR OWN. WE LOVE LONDON'S VILLAGES AND
WE KNOW WHY BUYERS DO TOO.

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Felicity J. Lord



**CLIPPER
APARTMENTS
£400,000**

A beautifully presented, light and airy two bedroom apartment located in the heart of Central Greenwich, featuring a generous south facing terrace with rooftop views towards The Royal Park and St Alfege Church.

GREENWICH
020 8293 8555
Ref: FJL027103997
EPC B



**WASHINGTON BUILDING, SE16
£350,000**

A contemporary two bedroom apartment, located on the eighth floor of this conveniently located modern development, benefiting a huge private roof terrace offering rooftop views across London.

GREENWICH 020 8293 8555
Ref: FJL027103930 | EPC B



**ASHBURNHAM TRIANGLE, SE10
Guide Price £975,000**

Victoria Gate Gardens is an exclusive, brand new gated development in The Ashburnham Triangle, comprising two luxury detached houses featuring three large double bedrooms and secure, off street parking. Call Felicity J Lord for a viewing.

GREENWICH 020 8293 8555
Ref: FJL027103773 | EPC A



**HORSELYDOWN MANSIONS, SE1
GUIDE PRICE £950,000-£975,000**

A rare chance to acquire a spacious penthouse apartment within this small and exclusive development in Shad Thames. Features include 24' terrace, exposed brickwork, two en-suites, views of the Shard and available with no onward chain. Viewing highly recommended.

SHAD THAMES 020 7089 6490
Ref: FJL027604069 | EPC D



**THE CIRCLE, SE1
Guide Price
£1,250,000 -
£1,275,000**

This three bedroom two bathroom south facing penthouse apartment offers spacious living accommodation throughout including large terrace, refurbished kitchen and bathrooms, air conditioning, concierge and secure underground parking.

SHAD THAMES
020 7089 6490
Ref: FJL027604431
EPC D



**ADMIRALS COURT, SE1
Guide Price £699,950 - £725,000**

Located in the heart of Shad Thames with views over Tower Bridge Piazza is this fantastic two bedroom duplex apartment with two balconies, en-suite and secure parking. To arrange an internal inspection, please call our sales team today.

SHAD THAMES 020 7089 6490
Ref: FJL027604329 | EPC C

**GLOBE WHARF, SE16
£500,000 - £520,000**

A two bed, two bath warehouse conversion on the fourth floor of this popular converted Rice Mill, the property benefits from exposed brickwork, separate kitchen and allocated parking as well as en-site gym and use of swimming pool.

SURREY QUAYS
020 7237 2320
Ref: FJL113200846
EPC C



HAYS COURT, SE16 £700,000 - £750,000

A rare gem on Rotherhithe Street is this unique warehouse conversion set directly on the river. The property is on the top floor of this small development and offers amazing views from the private balcony as well as private garage.

SURREY QUAYS 020 7237 2320
Ref: FJL113200741 | EPC C



**EDWARD SQUARE, SE16
£425,000 - £450,000**

A two bedroom, two bathroom newly refurbished top floor apartment, the property is set within a gated development and benefits from river views, allocated parking and being finished to a high standard throughout.

SURREY QUAYS 020 7237 2320
Ref: FJL113200859 | EPC C

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FOR SALE


Wards Wharf Approach, E16 £175,000 Leasehold

- Studio, Sep Kitch & Bath
- Balcony, Gym, Concierge
- Parking
- Parking Must be seen!

Tel: 020 7474 1234 sales@royaldocks.com

FOR SALE


Eastern Quay Apartments, E16 £325,000 Leasehold

- 2 Bed 2 Bath
- Direct dock views
- Parking, Concierge
- Viewing recommended

Tel: 020 7474 1234 sales@royaldocks.com

FOR SALE


The Reflection, E16 £164,995 Leasehold

- 1 Bed, 1 Bath, Flat
- Balcony
- Close to park
- Ideal F.T.B. or Investor

Tel: 020 7474 1234 sales@royaldocks.com

FOR SALE


Fishguard Way, E16 £330,000 Leasehold

- Duplex
- 3 Bed, 2 Bath Flat
- Balcony, Parking
- MUST BE SEEN!

Tel: 020 7474 1234 sales@royaldocks.com

FOR SALE


Western Beach, E16 £330,000 Leasehold

- 2 Bed, 2 Bath
- 6th Floor Flat
- Gas CH Parking
- Close DLR

Tel: 020 7474 1234 sales@royaldocks.com

FOR SALE


Constable Avenue, E16 £399,995 Leasehold

- 3 Bed 2 bath Townhouse
- Westerly Garden
- Garage
- Utility Room

Tel: 020 7474 1234 sales@royaldocks.com

E16 LETTINGS


Osbourne House, E16 £285 p/w

- 2 Bedroom 1 Bathroom Apartment
- Secure Parking Space
- Close to West Silvertown DLR
- Available Now

Tel: 020 7474 1234 lettings@royaldocks.com

E16 LETTINGS


Barrier Point, E16 £280 p/w

- 1 Bedroom Apartment
- Parking, Gym & Concierge
- Close to Pontoon Dock DLR
- Available Now

Tel: 020 7474 1234 lettings@royaldocks.com

E16 LETTINGS


Western Beach, E16 £350 p/w

- 2 Bedroom Unfurnished Apartment
- Close to West Silvertown DLR
- Allocated Parking Space
- Available Now

Tel: 020 7474 1234 lettings@royaldocks.com

E16 LETTINGS


Eastern Quay, E16 £360 p/w

- 2 Bed 2 Bath Unfurnished Apartment
- Parking Space & Concierge included
- Close to West Silvertown DLR
- Available Now

Tel: 020 7474 1234 lettings@royaldocks.com

E16 LETTINGS


Constable Avenue, E16 £400 p/w

- 3 Bedroom 3 Bathroom House
- Garage & off street parking
- Close to West Silvertown DLR
- Available from 18th August

Tel: 020 7474 1234 lettings@royaldocks.com

E16 LETTINGS


Southey Mews, E16 £390 p/w

- 3 Bedroom 2 Bathroom House
- Garage & off street parking
- Close to West Silvertown DLR
- Available from 21st September

Tel: 020 7474 1234 lettings@royaldocks.com


Ombudsman
www.oea.co.uk

www.royaldocks.com



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property services



Ontario Tower, London E14 £279,995 L/H

- 19th floor studio apartment
- City and River views
- High standard of finish throughout
- Excellent leisure facilities

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The Equinox, E14 £270,000 L/H

- Modern one bedroom apartment
- Close to station & shops
- 3rd floor with private balcony
- No chain

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Limehouse, E14 £399,995 L/H

- Spacious two bedroom apartment
- Double bedrooms, two bathrooms
- Short walk to station
- Secure parking

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Canary Central, E14 £419,995 L/H

- Smartly presented two bedroom apartment
- Gym, swimming pool and concierge
- Underground parking
- Close to Canary Wharf & South Quay

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Baltimore Wharf, E14 £625,000 L/H

- Large two bed, two bath apt
- Secure parking
- High specification throughout
- Fantastic location

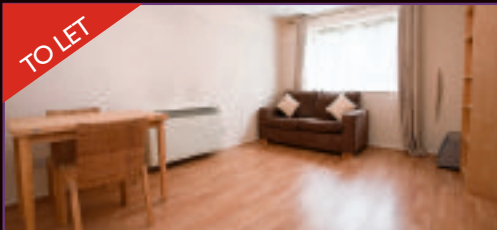
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Galbraith Street, E14 £209,995 L/H

- Ground floor ex-LA one bed
- Close to Crossharbour
- Private garden
- Chain Free

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Telegraph Place, E14 £250 p/w

- One bedroom apartment
- Off street parking
- Wood laminate flooring throughout
- Short walk to DLR

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Observatory Mews, E14 £300 p/w

- Two double bedroom apartment
- Ideal for sharers
- En-suite bathroom to master bedroom
- Walking distance to DLR

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Ontario Tower, E14 £325 p/w

- Luxury suite apartment
- River views
- 19th floor
- On-site gym & swimming pool

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New Providence Wharf, E14 £340 p/w

- Luxury one bedroom apartment
- On-site gym & swimming pool
- Direct river views
- Walking distance to CW

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Concordia Wharf, E14 £425 p/w

- Two bed, two bath apartment
- Professionally furnished throughout
- Balcony with river views
- Secure parking

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Baltimore Wharf, E14 £650 p/w

- Two bed, two bath apartment
- On-site gym
- Dock views, Two balconies
- Walking distance to CW

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- One Bedroom
- 2nd Floor
- One Bathroom
- Good Size

£114,995 Leasehold



Hadleigh Walk, Beckton, E6

- Studio Flat
- Ground Floor
- One Bathroom
- Beckton DLR Station

£98,995 Leasehold



Aegean Apartments, Excel, E16

- One Bedroom
- 24hrs Concierge
- Fully Furnished
- Available 01/09/13

£270 Per Week



Elektron Tower, Docklands, E14

- One Bedroom
- 14th Floor
- Fully Furnished
- Bills Included

£325 Per Week



Dunnock Road, Beckton, E6

- One Bedroom
- 3rd Floor
- One Bathroom
- Parking

£134,995 Leasehold



Sheerwater Road, Beckton, E16

- Two Bedrooms
- Terraced House
- One Bathroom
- Close To A13

£224,995 Freehold



Ability Place, South Quay, E14

- One Bedroom
- 19th Floor
- Fully Furnished
- CW & Dock Views

£370 Per Week



Cobalt Point, South Quay, E14

- One Bedroom
- 7th Floor
- Fully Furnished
- 24hrs Concierge

£350 Per Week



Tollgate Road, Beckton, E6

- Two Bedrooms
- 1st Floor
- One Bathroom
- Close To Local Amenities

£199,995 Leasehold



Jade Close, Beckton, E16

- Two Bedrooms
- Terraced House
- One Bathroom
- Garden

£224,995 Freehold



Denison House, South Quay, E14

- One Bedroom
- 9th Floor
- Fully Furnished
- Leisure Facilities

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- Fully Furnished
- River Views

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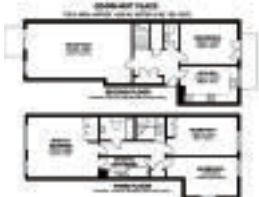
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GOODHART PLACE, HORSEFERRY ROAD, E14

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- * Set over two storeys
- * Separate kitchen to living room
- * Two bathrooms
- * Furnished with parking
- * Circa 1,362 square feet
- * Close to Limehouse Station



SALOON HOUSE, BRUNTON PLACE, E14 £220 pw

- Large one bed apartment
- First floor
- Close to Limehouse Station
- Available 17th August



RESERVOIR STUDIOS, CABLE STREET, E1W £365 pw

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- First floor and furnished
- Separate kitchen and balcony
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THE PANORAMIC, LONDON, E14 £285,000

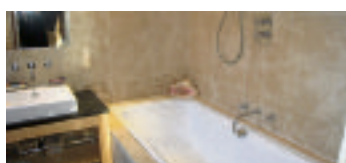
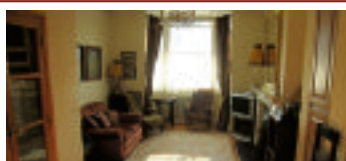
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GOODHART PLACE, HORSEFERRY ROAD, E14 £750,000

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- Two bedroom apartment
- Unfurnished on 2nd floor
- Excellent transport links
- Available Soon



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- Unfurnished on third floor
- Near Deptford Bridge DLR
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£226,995



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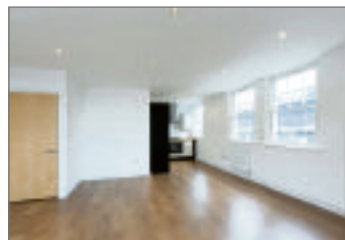
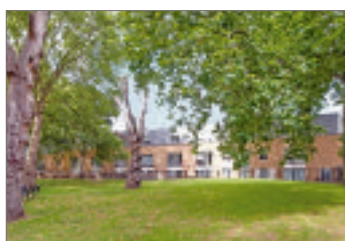
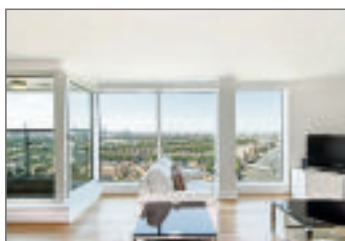
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£280,000

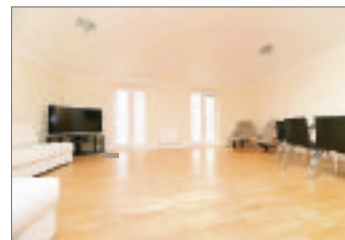
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